

## Suggested YOUNG LIVING products for a successful journey

### Phase 1:

CLEANSING TRIO # 3115- 3 PIECE SET. Detox the colon. \$74.50.  
LEMON OIL, # 3578. Add to drinking water 15ml. \$9.75

LIFE 5 - # 3099. Probiotic for restoration of colon bacteria.  
REHEMOGEN #32.64. Cleanses the blood of excess Candida. \$26.75  
You may also take 3 capsules per day filled with Melrose blend.

### Phase 2:

This is the 21 day diet phase.

GRAPEFRUIT OIL # 3560. Add 7 drops to drinking water, 2 x's day.  
\$16.00

MEGA CAL #3280. Calcium & magnesium assist in weight off. \$ 34.75

THYROMIN # 3246. Assists the thyroid in weight off. \$ 39.00

THIEVES OIL # 3423 15 ml. For balancing blood sugar. Suck on One  
drop when needed. To make a spray add 10 drops of Thieves oil to  
two oz's of water, mix and spray under tongue. \$31.75

HCG by Dr. Recommends \$16.99

### Phase 3:

Follow diet in this phase of maintenance.

Add NING XIA RED and BALANCE COMPLETE for great energy and  
stability.