

## AutoImmune Disorders

There are 2 health conditions that are a long marathon (not a sprint) to recover from. 1. Auto Immune Disorders and 2. Nerve damage and regeneration - For Auto-Immune disorders there are multiple stages we must move through to recover and be free. Detoxify - change our diet and habits in our life that aggravate the disorder, release and heal our emotional wounds - Regenerate our metabolism, organs and body tissue to recreate an environment of health. This is an extensive program. It is helpful to do as much as possible - understanding everyone will be unique and individual and even choosing a few items is better than not. Also the desk reference has excellent info. Blue Book page 278, Purple book page 259. This is what I used to recover when I was diagnosed with Rheumatoid Arthritis, Fibromyalgia and Lupus.

Foods - Know that when you eat/drink these items your disorder will be aggravated - so ask yourself "is it worth it?" Potatoes, tomatoes, egg plant, any peppers, coffee, alcohol, vinegar, chocolate, any carbonated beverage and all foods with sugar and white flour and for some people gluten and wheat, citrus fruit and juice and dairy. Please drink lots of water with Lemon oil mixed in. Try for 1 gallon a day.

Detoxify - Cleansing Trio - then Rejuvenate Kit take as directed, Detoxzyme - take as directed, Polyzyme - take as directed before eating protein and sugars, Carbozyme - take as directed before eating carbohydrates, Lipozyme - take as directed before eating fats - also great for detoxing liver and pancreas and gall bladder support too. Juvatone - follow as directed, Juvaflex - 5-6 drops on liver 2x a day and in water and drink.

K & B Tincture - 3 droppers full 2x a day in water, Rehemogen - 3 droppers full 2x a day in water, Rain drop technique - receive 1x a week or as often as possible. To alkalize our body (very important) and helps with discomfort management, Coral Sea - 1 tsp. in water 1-2x a day, Alkalime - 1 tsp. in water 1-2x a day, Vitagreen - up to 4 capsules 4x a day, Sulfurzyme - up to 5 capsules 4x a day, at least 10 capsules a day, Cortistop - 1 capsule every am & pm.

White Fir  
Idaho Balsam Fir  
Pan Away  
Relieve It  
Lavender  
Ortho Sport  
Ortho Ease  
Regenalone

any combination of these as needed for discomfort on location at least 2-3x a day.

Emotions - Believe Oil - Apply to forehead as often as needed. The Feelings Kit - Also there are 4 books that are absolutely outstanding, I highly recommend I'll direct you to where to get them 1. Feelings Buried Alive Never Die 2. Healing Feelings From Your Heart 3. Releasing Emotional Patterns, 4. Discover Your Own Magnificence. Read about each emotional oil and find the ones that fit for you, either in the Desk Reference or Intro. Book.

Exercise - Very important, some form of daily exercise, brisk walking, yoga, QiGong, biking, swimming, etc. Infra Red Sauna's are also proving extremely helpful.

Regeneration - Immupower - Apply 6 drops 2x daily to bottom of feet and Liver area. Super C - 4-6 tablets daily, Immupro - 3 caps at bed time, Master Formula Hers - as directed, Mineral Essence - 3 droppers in water 2x a day, Joy - on heart and adrenal glands 2x a day, Valor - on bottom of feet and spine 2x a day, Prenelone+ - 1/2 tsp. on face, throat and soft skin every morning, Endobalance - 1/2 tsp. on face, throat, soft skin every evening - 3 weeks on 1 week off, Berry Young Juice 1 oz. daily straight from bottle or add water to taste. B L M or Arthrotune have proven extremely beneficial as well.

Personal Care Products - Very important to use "harmful chemical free" haircare, skin care, toothpaste, soaps and cleaners. Chemicals in these products seriously aggravate Fibromyalgia etc. - Young Living truly has the best "harmful

chemical free" personal care products I have ever used. I have been in the Salon/Spa industry for over 26 years owning 4 and being a product educator nationally. Young Living has high quality person care products are one of the many reasons Young Living products continue to impress me. They produce amazing results at extremely fair prices all "harmful

chemical free"! Toothpaste - Dentarome Plus or Ultra, Mouthwash - Fresh Essence Plus, Cleansers - Consult the Desk Reference or me to select the best ones for each individual. Moisturizers - same as above.

Remember, Fibromyalgia etc. like any auto immune diseases requires persistence, discipline and an extremely positive attitude - along with the willingness to be authentic and deal with our "emotional stuff" I find it most helpful to select 1 or 2 of my favorite oils and wear them every day. How I define favorite is when you smell it you want to jump in the bottle.

### Improved Memory

For improved memory and brain function - these are really powerful tools that produce real results. PD 80/20, Prenalone + cream, Ultra Young + Spray, Essential Omega's, Brain Power, Clarity, Peppermint and