

# Extreme Wellness!

## 6 WEEKS OF TRANSFORMATIONAL WELLNESS

With Nicole Carter, Med

### Using Essential Oils for Detox

We are living in a toxic world and come into contact with toxins on a daily basis. Our bodies are built to clean themselves through our excretory organs (internal cleaning system) however a little help doesn't hurt! A buildup of these toxins can impair your organs and cause disease. Cleaning the body through natural cleansing processes, diet and essential oils can reduce the toxic load and support each of your organs. The essential oils stimulate each organ to do its job better and help to draw toxins, chemicals and parasites from the body while protecting from cellular damage, virus and bacteria.

**Frankincense** (cellular detox, cellular support, blood toxicity, brain tissue detox, heavy metals, nerve toxicity and skin toxicity)

**Clove** (blood, brain, liver toxicity, parasites, intestinal toxicity)

**Geranium** (blood toxicity, gallbladder toxicity, heavy metals, and skin toxicity)

**Grapefruit** (blood toxicity, cellulite, gallbladder toxicity, liver toxicity, and xenoestrogen toxicity)

**Oregano** (candida toxicity, parasites, intestinal toxicity, xenoestrogen toxicity)

**Cilantro** (heavy metals, kidneys/urinary toxicity, pancreas toxicity)

**Lemon** (cellulite, kidney/urinary toxicity, liver toxicity, lymphatic toxicity, skin toxicity and xenoestrogen toxicity)

**Cypress** (cellulite, liver toxicity, lymphatic toxicity)

