

## **CITRUS FRESH ESSENTIAL OIL - Digest Unwanted Body Fat**

Unique to Young Living, this proprietary blend of wildcrafted Therapeutic Grade Essential Oils has a multitude of valuable abilities. Upon inhalation (diffusing) Citrus Fresh stimulates the right brain activity increasing creativity, joy, and feelings of happiness as well as calming emotions and engaging logical thinking. Citrus Fresh is an exquisite air purifier removing numerous unhealthy and deadly microbes leaving a refreshing delightful uplifting fragrance. Add a few drops of Citrus Fresh to your water for a delicious treat which reduces unhealthy cravings, balances and resets metabolism for maintaining proper weight, digests unwanted body fat, improves circulation, strengthens and balances our immune function while improving our bodies ability to maintain proper hydration levels. Can be ingested in a capsule to increase results.

*Grapefruit Oil* (expressed from the rind, very safe for those on lipitor, etc.) Known for it's unique, unhealthy fat dissolving properties,relieving water retention and cellulite. Excellent gentle detoxifier for the liver, kidneys, lymphatic and vascular (blood vessels) systems. High in limonene, research shows tremendous anticancer/tumor abilities.

*Lemon Oil* is an outstanding antiseptic. Lemon oil increases micro-circulation and promotes leukocyte formation while balancing immune function. Lemon oil is superlative in quickly eradicating meningococcus, typhoid, staph, pneumonia, diphtheria, tuberculosis and other dangerous bacteria. Also a gentle yet effective organ detoxifier. Lemon Oil relieves acid reflux and other digestive concerns. Mandarin Oil is a powerful de-stresser, literally dissolving stress and irritability from our body.

*Mandarin* is antispasmodic, antifungal and supports healthy liver duct function.

*Orange Oil* is the oil of happiness. Containing an abundance of limonene & citral, Orange Oil both eradicates and prevents unhealthy viral and bacterial growth.

*Tangerine Oil* is anti inflammatory and decongests the lymphatic system. Containing esters and aldehydes, Tangerine quickly calms anxiety, tension, and over stimulated nerves.

*Spearmint Oil* brings tremendous support to our respiratory and central nervous system. It is especially valuable in releasing negative cellular memories which lead to emotional overeating. Additionally, Spearmint Oil resets our metabolism to digest unwanted fat while supporting all our endocrine glands.

Citrus Fresh is an excellent tool for those desiring to maintain healthy weight and body size due to its amazing ability to dissipate excessive and unhealthy eating habits, while neutralizing the underlying emotional issues. Topically, applying Citrus Fresh can reduce cellulite and firm up skin tone. Citrus Fresh is a photo sensitive oil, so apply where there is no sun exposure.