

Reset Plus Kit

A cleanse done with proper supporting herbs should not cause feelings of discomfort while you are doing it. Cleansing shouldn't leave you feeling tired, out-of-sorts, or less than alert when you are finished. The trick here is to balance system cleansing and strengthening efforts in the proper proportions. This can be done easily if one pays attention to the signals the body is sending. The additional essential oils and clay in this kit make it a more effective cleanse kit than the regular Reset Kit.

We strongly recommend reading ALL of chapter 5 in "Butterfly Miracles with Herbal Remedies" by LaRee Westover before starting any cleanse.

CD

CD tincture- for the colon. The CD tincture is a combination that is well balanced between cleansing and supporting herbs. This is not a dramatic cathartic and stripper. It is used to support the colon and digestive system while the cleanse is proceeding.

Sarsaparilla should be added if you are starting out with a colon that is clogged or malfunctioning in any way.

Support the colon with exercise, mild foods, enzymes, acidophilus, fiber (oat and wheat bran mixture), water, water, water—consistently, every day, no matter what.

LC

LC tincture- for the liver. LC contains both cleansing herbs and tonic herbs to support and strengthen the liver. The liver has a very long list of functions that it performs in the body. One of these functions is the manufacture of carnitine which is essential if cells in the body are going to break down fat—rather than just store it away. Fat accumulates in the cells of the liver first and the liver can store more fat cells than all of the other organs combined. If the liver becomes compromised by fat, carnitine is not created and even more fat accumulates. A fatty liver used to be only in alcoholics. That is no longer true. Today's lifestyle and typical diet is a recipe for disaster to the liver. Please read the section in "Butterfly Miracles with Essential Oils" by LaRee Westover on fatty liver.

LeIQ

LeIQ essential oil contains frankincense, sandalwood, and helichrysum. These oils are high in sesquiterpenes and cross the blood/brain barrier to cleanse, nourish, and carry oxygen to the brain. This blend seems to dissolve some types of chemicals and clear them from the receptor sites feeding the pituitary, pineal, and hypothalamus glands.

LeRevitalize

LeRevitalize essential oil cleanses the liver, but does so gently and steadily. It stabilizes energy levels and improves vitality. LeRevitalize is a good digestive aid, particularly in eliminating bloating, belching, and heartburn. LeRevitalize is good for lymphatic congestion and immune stimulation.

KB

KB tincture—for the kidneys. KB can help cleanse and strengthen the urinary tract to accomplish the important job of eliminating toxins and waste products from the body. The kidneys also regulate the liquid to solids ratio in the blood and tissues. The KB formula is made up completely of herbs that support and strengthen the kidneys and cellular tissues in general. This is an excellent and wonderfully strong kidney formula. Drink, drink, drink (water) and soak, soak, soak your feet (see Clay below).

RC

RC tincture- which is a blood cleanser and purifier, is an illustration of the synergy of formulas—the sum being greater than its individual components. RC pulls toxins, drug residue, and fatty cells out of the blood and makes them available for excretion by the kidneys. RC is also an excellent infection fighter.

Clay

Use clay to aid in the elimination of toxins, drugs, and pollutants from the body by using a toxin soak. Always make toxin soaks a big part of your routine. A whole body soak is the most common way, but personally, I prefer just a foot soak. A whole body soak can sometimes leave you feeling weak and wrung out and sleepy. Use 2 tablespoons of redmond clay in a tub of hot water and climb in. Soak for at least 20 minutes, keeping the water as hot as you can. Alternatively, place 2 - 3 T. of clay in a large pan (big enough for your feet) of very hot water. Soak for about 20 minutes, keeping it hot by continually adding hot water as necessary. It is amazing how well pulling the toxins through the feet works. It is just as effective as the whole body soak, much easier, and doesn't seem to make one feel tired or weak.

Coconut Oil

Coconut oil is considered one of the best carrier oils for your essential oils. Coconut oil is odorless and colorless. It absorbs readily into the skin, leaving no residue. It doesn't stain clothing and easily washes out of clothing and bedding. Coconut oil is an excellent skin moisturizer; rarely aggravates existing skin problems such as fungal or bacterial infections and does not clog pores. It leaves skin feeling smooth but not greasy. Coconut oil has almost no aroma and has the added advantage of a long shelf life at room temperature without rancidity.