



# Detox and Boosting Metabolism: Real Food Tips and Essential Oils

When detoxing and trying to loose weight, a nutrient-dense diet, along with essential oils, can work together to support the detox organs in the body and help the body release excess toxins.

It is also extremely important to remember that this is a parasympathetic process because when you are in a parasympathetic state, your body is able to restore, relax, experience improved digestion, rest, heal, and detox.

**To help keep the information clear that I shared during the webinar, I created this cheat sheet for you!**

## **Real Food Tips:**

1. Nutrient-Dense Foods to Help the Body Detox: vegetables, pastured meats, healthy saturated fats, eggs, raw dairy, fruits, herbs, spices, and properly prepared nuts, seeds, grains, and legumes. See [www.deliciouslyorganic.net](http://www.deliciouslyorganic.net) for recipes.
2. Drink Water: Take your weight and divide it in half...this is the amount of ounces you need a day. Make it fun by adding cucumbers, lemons, limes, berries, or fruit, and you can also add a few drops of Lemon Oil or Grapefruit Oil.
3. Foods to Curb Sugar Craving: Eat enough healthy fats! For more information: [bit.ly/healthyfats2](http://bit.ly/healthyfats2)
4. To Detox the Skin: It is an inside-out process! Focus on real food, being in a parasympathetic state, and supporting the liver first. Also, eat a variety of real foods and make sure to consume healthy fats.



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## **Essential Oils:**

1. To Support the Parasympathetic State: Lavender, Lemon, Frankincense, Cedarwood, Balance and Serenity, Petitgrain, and Vetiver
2. To Detox and Support the Liver: Cilantro, Helichrysum, and Geranium)
3. To Detox and Support the Kidneys: Lemongrass and Thyme
4. To Detox and Support the Colon: Peppermint, DigestZen
5. To Detox and Support the Lungs: Peppermint, Eucalyptus, White Fir, and Breathe
6. Essential Oil Blend for Detox: Zendocrine (It supports healthy cleansing and filtering functions of the liver, kidneys, colon, and lungs.)
7. Detox Bath: Juniper Berry, Rosemary, and Helichrysum
8. To Support Healthy Weight Loss: Slim and Sassy, Basil, Clove, Rosemary, Grapefruit, Thyme, and Wild Orange
9. To Curb Sugar Cravings: Peppermint, Slim and Sassy, and Grapefruit. Use Cinnamon and Cardamom to help balance blood sugar.
10. When Hitting a Plateau: Geranium, Cilantro, and Helichrysum. For more information: [bit.ly/healthanddetox](http://bit.ly/healthanddetox)