
TOP 10 USES FOR SLIM & SASSY[®] OIL

- 1. Healthy Weight:** Take up to 5 drops up to 5 times a day internally as a part of a healthy weight management program. For underweight people, it helps one feel hunger again.
- 2. Appetite & Craving:** Add up to 5 drops to 16 oz. of water and drink before meals to help control appetite and overeating. It helps to manage hunger in between meals and to add flavor. Take 3-5 Slim & Sassy softgels a day to help control appetite.
- 3. Cellulite:** Dilute with Fractionated Coconut Oil and massage on areas of concern. Avoid sensitive areas.
- 4. Fatigue:** Add up to 5 drops to 16 oz. of water and drink for a pick me up before working out for a revitalizing energy boost.
- 5. Balance relationship food:** Add up to 5 drops to 16 oz. of water or apply on the bottom of feet. When the body is cleaner, cells communicate better. Hunger and satiety messages will be clearer with better cell communications.
- 6. Lymphatic stimulant & Support:** Apply on the bottom of your feet daily to twice a day. Drink a lot of water.
- 7. Urinary Tract Support:** Add 4-8 drops to 16 oz. of water or in a capsule and drink 2-3 times a day. Also massage Geranium and Melaleuca apply slightly diluted on lower abs.
- 8. Blood Sugar Balance:** Add 4-8 drops to 16 oz. of water or in a capsule and drink 2-3 times a day.
- 9. Detoxification & Cleansing:** Add 4-8 drops to 16 oz. of water or in a capsule and drink 2-3 times a day.
- 10. Gallbladder:** Add 4-8 drops to 16 oz. of water and drink. Apply diluted over gallbladder 2-3 times a day.

Peppermint



Cinnamon
Bark



Ginger



Grapefruit



Lemon



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.