

GI Cleansing Formula

This a blend of Oregano, a special Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme. It is designed to deeply cleanse the 30 feet of the gastrointestinal tract, mainly the stomach, small intestine, and large intestine.

Physically:

Candida fungus, parasites, bacteria, viruses, infections, colitis, Crohn's, IBS, infertility, 1st & 2nd & 3rd chakra, malnourished, lack energy, underweight, depression, chronic disorganization, sex organs, bladder, pelvis, compulsive behaviors, tension, frustration, overly emotional, hypersensitive, emotional dependency, disorders of stomach, pancreas, gallbladder, liver, stomach ulcers,

Negative Energy:

Inability to create, unable to assimilate information, easily feel overwhelmed, allowing negative thinking to take over, victim mentality, childhood issues surfacing, insecurity, unsafe, unloved as a child, neglecting of self, poor discipline/boundaries, passivity, lethargy, fear of change, feeling of not belonging, fear of change, feeling of not belonging, doubting self,

Positive Energy:

Confident in creative powers, healthy creative expression, balanced ability to experience pleasure, generous and giving, nurturing to self, healthy boundaries, responsible and reliable, healthy self-esteem, spontaneity, playfulness, sense of humor, able to make decisions and meet challenges, warmth in personality

Affirmation:

I am protected, secure, and grounded.

I am accepted in and belong to the human family.

I am always productive and provided for.

I am creating a life filled with balance & bliss.

I am free to create joyful & pleasurable experiences.

I am safe to create intimate relationships.

I deserve pleasure & passion.

I am powerful, confident, hopeful and successful in all my ventures.

I am valuable, lovable and fully accept myself.

I am good enough.

I trust my gut instincts.

How to use it:

Take 1-2 capsules internally in the evening. If it doesn't bother you, take in the morning too. Do this for 10 days. Otherwise, mix this blend up and apply generously on the feet 2-4 times a day. If you are doing this topically, do for a month and make sure you are taking some oils internally. Great internal oils are citrus, mint family and spice family.