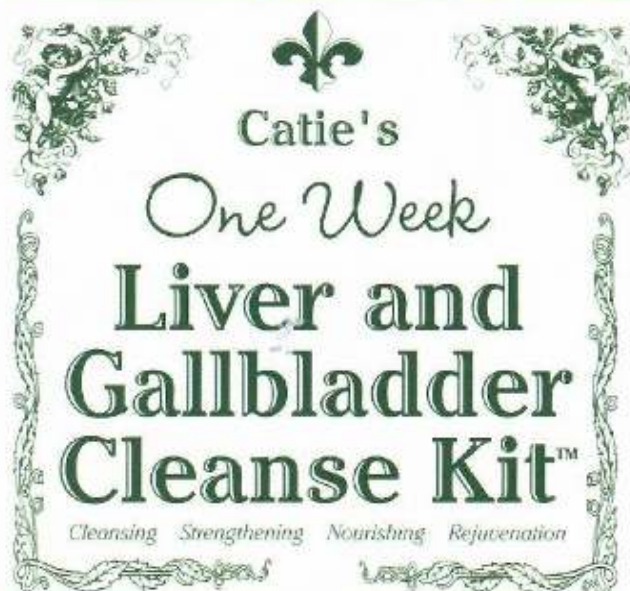


## Promotes Superior Liver & Gallbladder Functions



**The Liver** is the organ that can purify our blood. As the largest organ, we are fortunate that research has shown that it has the potential to regenerate (with the right choices). The Liver & Gallbladder are the major detoxifier's of FATS, CARBOHYDRATES, PROTEINS, processing our CHOLESTEROL, HORMONES and it's critical for PROPER INSULIN PRODUCTION. They are important in processing our digestive enzymes also. If we can't process our fats, carbohydrates, and proteins, the fats can turn into FAT, Carbs can turn into FATS and proteins may not be digested well (symptoms could be: cracks on our tongue). Hormones can become unbalanced as well as insulin sugar levels (which can turn into fat). These conditions can lead to dangerous "dis-eases." Catie's One Week Liver & Gallbladder Cleanse Kit™ is designed to Cleanse, Strengthen, Nourish, and Nurture the liver and gallbladder which can be very beneficial to help promote rejuvenation.

## HOW'S YOUR LIVER?

*I think I got out a Liver Fluke and lots of gallstones!!! I'm cleaning house and feel like new Thanks to Catie's Cleanse!*

- Dan, Camarillo, CA

*I had this pain in my side for 12 years and by the 2nd day on Catie's Cleanse I could tell the difference. By the 4th day it was almost gone. I'll take it until I don't need it anymore. It's a blessing (Catie's Liver & Gallbladder Cleanse™)!*

- Joe B., Los Angeles, CA

*I've known for years that something was wrong with my liver, but I had no idea that it may have been the reason for my roll on my upper belly and my hemorrhoids. I have a great diet now thanks to Energy Essentials™ nutritional program. I've always exercised, gotten lots of sleep - a very healthy lifestyle. So when I hit 40 something and I got thick in my belly and middle area, I tried everything to get my shape back. Because of my age, I thought it might be hormones (I did have the dots on my tongue). Not only did my digestion instantly feel better when I started Catie's Cleanse, but after 8 weeks on the maintenance products my roll is finally rolling away. It's as though everything is working again and that uncomfortable feeling of fullness every time I eat even a little has gone. Thanks Catie!*

- Karen, Malibu, CA

*I took the 3 maintenance products and within a few minutes my pain in my side was gone. I cried because I had learned to live with the pain for so long and today I am pain free constantly. I'm changing the liver dysfunction to function.*

- Beverly M., Boston, MA

*I have been under much stress in the last year or so and was diagnosed with Cholecystitis of my liver. It was like a chronic infection in my liver which immobilized me with pain off and on. I was afraid to go away from home as the pain would radiate in my back and below my breast bone. I did Catie's Liver & Gallbladder maintenance products for 6 weeks before the actual cleanse as I have had large gallstones in the past and was recommended to do that so I would pass them with ease. I had a good amount of infection come out and some worms also (especially when I followed up with the rectal insufflation at Energy Essentials™). I will not neglect this yearly cleanse again! Bless you Catie - thank you so much!*

- B.J.W., Nebraska

*I'm not a big drinker but for the past several years I have not been able to have even one drink due to my poor functioning liver. I did Catie's Liver & Gallbladder Cleanse™ and I feel so much better and I can even have a social drink now!*

- Javier G., San Diego, CA

*We rushed our 78 year old Mother to the emergency room with excruciating pain on her right side. The Doctor said she needed her Gallbladder removed immediately. My sister was in the middle of doing Catie's Liver & Gallbladder Cleanse™ Kit and felt that the surgery may not be needed if she did a cleanse. The Doctor said we could wait a day or so. With Catie's Maintenance Products our dear Mather felt better. The Doctor soon concluded that she did not have to have her Gallbladder out. She is healthier and happier than ever and hasn't looked back.*

- Sharon & Susan, Henderson, NV

To find out what your best diet and lifestyle is please refer to the many **Energy Essential's Sanctuaries for Cleansing, Weight Loss & Rejuvenation** in your area for more information ([www.energyessentials.com](http://www.energyessentials.com)) or call 888-456-1597.



## How's Your Liver & Gallbladder?

Possible Symptoms of Liver & Gallbladder Dysfunction and or Disease

*(Check all that apply)*

- Achy, arthritic joints
- Recurrent infections of viral, parasitic, bacterial and candida challenges
- Feeling of Fullness in upper abdominal
- Fat roll in upper abdominal (Liver Roll)
- Itchy (pruritus) skin and soles of feet, inflamed palms
- Dark circles under the eyes
- Red/yellow palms, soles and skin
- Flushed Facial Qualities
- Acne on the face
- Capillary damage
- White or coated tongue
- Offensive Breath
- Skin rashes
- Yellow Eyes
- Craving for Sugar
- Abdominal Bloating
- Flatulence (gas)
- Nausea
- Vomiting
- Hemorrhoids
- Acid Reflux or Indigestion
- Increased Overheating of the body
- Fatty Liver or abnormal lipid levels (i.e. high LDL Cholesterol levels, low HDL levels, high triglycerides)
- High levels of fat in other organs also
- Liver Pain (over right upper abdominal area under the rib cage)
- Pot Belly
- Eczema and/or Dermatitis
- Cracks in the center of the tongue
- Cyst on the top of the frenula (skin between two front teeth - that attaches to the top of the upper lip)
- Irritable Bowel Syndrome
- Depression
- Anger or Moodiness (The Liver deals with emotions)
- Foggy Brain
- Skin Challenges on face around the mouth especially
- Brown Liver spots

If you have had a poor functioning Liver & Gallbladder for an extended time, you may need to take the Catie's 3 Maintenance Products: **Liver & Gallbladder Juice Powder, Parastrip Powder and Support Capsules**

for the following support:

- \* to continue to emulsify fats in the liver and other organs
- \* reduce inflammation
- \* help in the healing process
- \* help to promote better insulin levels
- \* kill off unleashed pathogens that may have overtaken the liver
- \* break down gallstones
- \* help reduce cholesterol
- \* help balance hormones

After the liver and gallbladder are further along in recovery and become less blocked, it is not unusual for fat to diminish if you are eating right, making good choices, keeping well hydrated, as well as exercising and getting optimum rest.

## What's Inside Catie's Liver and Gallbladder Cleanse Kit:

### CATIE'S LIVER GALLBLADDER(L/GB) JUICE POWDER

Whole Food and Herbs to break down toxins, gallstones, and emulsify the built up fats. Most people fail in using a cleanse because they don't have time to juice. This not only makes it easy to juice, but has much more to promote cleansing and healing.

### CATIE'S PARASTRIP POWDER

Once you start moving out the toxins, the invaders (parasites, fungi, molds, yeast, bacteria and viruses) get unleashed and search for a new home. This tasty powder may continuously kill off pathogens while potentially building natural killer (NK) cells to strengthen your immune system without serious reactions. Can be taken long term. (Killing parasites can cause constipation - add Catie's Fiber Plus if this occurs)

### CATIE'S L/GB SUPPORT CAPSULES

Liver & Gallbladder Support is critical for continuing the cleansing, strengthening, nourishing, and rejuvenation of these important purifying organs with herbs and foods that have stellar research in these processes.

### CATIE'S VACUCLEANSE POWDER

This powerful powder is used in the actual cleansing and purging of the toxins, fats, cholesterol, and gallstones from the body. It is used on the 6th night as well as when the cleanse is over.

### CATIE'S ELECTRABOOST POWDER

This powder is a proprietary electrolyte and anti-oxidant formula designed to open up the gallbladder to allow the release of the toxins while protecting free radical damage from occurring.

### CATIE'S CASTOR OIL PACK

This 4 oz. bottle of top grade castor oil is used to enhance the results of the cleanse and potentiate the healing process.

### COFFEE ENEMA

Paramount for absorbing toxins, reducing detox reactions and soothing the liver and gallbladder.

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