

# A-Stimulate

## detoxification blend

**Ingredients:** Basil, sweet; Dill Weed, Lovage Root, Peppermint, Fractionated Coconut

In today's fast-paced, fight-or-flight world, adrenal fatigue has become quite common. Many of us are always on the go, never taking the time to truly relax. So whether we're stressed about being late for work or literally running for our lives, our adrenals don't know the difference.\*

In a crisis situation, we get a boost of adrenaline and cortisol to deal with the immediate challenge, then once safe, the adrenals regulate and our bodies return to normal functioning. But sometimes when there is chronic stress and worry, the flight or fight mechanism never gets switched off and we have a constant flow of stress chemicals taxing the body.\*

Sustained, high levels of cortisol can compromise healthy organs and normal, functioning hormone levels can become destabilized. At this point, we can experience adrenal exhaustion/fatigue and the many symptoms associated with it like weight gain, insomnia, tiredness, depression, food cravings, mood swings, and lack of focus.\*

A-Stimulate is a proprietary blend formulated for the express purpose of stimulating, supporting, and strengthening the adrenal system.\*

### suggested usage

- Apply topically over the liver or kidney area twice per day. A-Stimulate can be used following antibiotics, other drugs, drug and alcohol poisoning, during times of extreme stress, or for daily adrenal care. Use for 10 days, then wait 10 days before using again.
- Kidneys hold emotional fear, and when afraid the adrenals become hyperactive causing both nervous energy and exhaustion. Dispel Fear and Restore Courage can be used as well whenever feeling fearful or anxious during the 10-day A-Stimulate detox. They are essential as the fear must also be detoxed to prevent the adrenal hyper-vigilance. See the individual datasheets for Dispel Fear and Restore Courage for further information.

### responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesana.com/cautions.asp](http://www.goDesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

### topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

### pregnancy & children

 Safety Group #3

#### Topical

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

#### Bath

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

availability  
5ml Bottle



#### STANDARDS OF QUALITY

All ingredients in goDesana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

#### DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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