

Ease Vitality Infusion

Cleansing your colon, intestines and improving your overall health has never been easier and felt so natural.

Ease Vitality Infusion cleanse tea works to eliminate undigested waste in your colon and digestive system. May assist with clearing the way for improved nutrient absorption, clearer thinking and increased blood circulation.

**EASE,
ELIMINATE,
ENERGIZE**

When we release toxins we will often feel rejuvenated and energized because our body is able to refocus the energy used for hampered elimination to other systems of the body, and as a result many experience a deeper sleep, increased energy, and improved concentration.

Additionally, it is easier to maintain pH balance in the blood when the intestines and colon are clear of waste material. The resulting boost in energy, improvement in digestion, and elimination, is well worth the effort and the maintenance of adding a cup of *Ease Vitality Infusion* cleanse tea to your bedtime routine.

historical benefits [include but not limited to]

- Constipation Relief
- Boost In Energy
- Alkalize & Energize
- Improved Concentration
- Improved Nutrient Absorption
- Improved Sleep

suggested uses

- Less than 150lbs: Drink 8-16 ounces, nightly.
- Less than 250lbs: Drink 16-24 ounces, nightly.
- Over 250lbs: Drink 24-32 ounces, nightly.

instructions

- Bring water to a rolling boil.
- Pour 8-32 ounces of boiling water over one Ease Vitality Infusion tea bag.
- Steep for 10 minutes up to 8 hours.
- The longer you steep the more flavor and nutrients are released.
- Use 3 tea bags when making a gallon.
- Drink hot, room temperature, or cold.
- Reheat in stove pot. Do not microwave.
- Consult a qualified Medical Practitioner for intensive cleansing protocol.
- NOTE: For maximum results, allow tea to steep overnight and then server hot, cold or room temperature.

supporting products

All of the below products can be added to create a customized taste and increase results.

- Add 1 drop of your favorite GRAS Approved Essential Oil (Lemon, Lime, Grapefruit, ect.)
- Add 2 drops of Cell Vitality
- Add 2 drops of Magnesium BeCalm
- Add 1/8 tsp of Green Vitality

optimal weight loss strategies

- Drink suggested amount of Ease Vitality Infusion, nightly.
- Drink suggested amount of Slimmer Vitality Infusion, daily.
- Drink suggested amount of Renew Vitality Infusion for 10 days, monthly or 3 days, weekly.
- Add 2 drops of Cell Vitality to all liquid.
- Add 2 drops Magnesium BeCalm to all liquid.
- Add Liver Detox Protocol in Week 2 (www.goDesana.com/LiverCleanse.pdf).
- May replace 1 - 2 meals with Smooth Vitality, daily, and/or as a late night snack.
- Use only cold pressed oils like Olive, Coconut & Flax.
- Lunch & snacks can consist of nut butters as a spread or dip with fresh vegetables or fruits.
- Make dinner your healthiest meal. For best absorption of nutrients in food prepare as stir fry, steam, puree raw, and/or low heat crock pot soups.



cleanse tea

ingredients

Made with 100% Certified Organic Licorice Root, Burdock Root, Ginger Root, Chamomile Flowers, Senna Leaf, Red Clover Herb, Eleuthero Root, Lemon Peel, Alfalfa Leaf, Passion Flower, Clove Bud & wild-harvested Cascara Sagrada

GO Alkalize, Detox & Energize Lifestyle

Shed 20+ lbs in 30 days. Feel & Look Energized!

1. Follow weight loss strategies found on your left.
2. Snacks & meals should be derived from whole foods. Prepare steamed, stir fried, or in a crockpot.
3. Drink 1 quart of pure water (Vitality Infusions Teas count) for every 50 lbs of body weight daily (sipping is optimal).
4. Increase intake of fresh lemon and lime if possible, as well as GO Essential Oils especially Ginger, Lemon, Lime, Lemongrass, etc, which all aid in healthier blood.
5. Eat mostly vegetables (organic when possible) slightly cooked, steamed, stir fried, raw or pureed are the most important part of our diet and can be supplemented with GO Green Vitality, which is comprised of 25 vegetable and herbs.
6. Reduce or eliminate intake of red meats, sugar, white & processed foods.
7. Eat cold water and wild fish as they stand the best chance of having the fewest bad micro-organisms and the highest amount of good oils and nutrients.

RESPONSIBLE CAUTIONS

- Not for use during pregnancy or if nursing.
- Consult a qualified Health Practitioner for aggressive cleanse protocol.
- Caffeine Free
- Do not use microwave.
- Detox symptoms may occur with use.

