

# K&B DETOX

Alexandria Brighton Collection  
ESSENTIAL OILS

K&B Detox is a blend of Essential Oils that are known to help the kidneys and bladder expel toxins.

## ingredient highlights

- Juniper Berry is helpful to relieve infection within the kidneys, bladder, and prostate. The antiseptic properties help remove waste materials and acidic toxins from the body while stimulating the removal of bacterial and fungal infections.
- Rosemary ct. 1,8 cineole is warming to the kidneys and bladder and helps to restore and increase the Chi (life-force) to these often depleted and overworked organs. The kidneys and bladder are associated with the Chinese element of water and the season of Winter.
- Sweet Fennel provides diuretic action by aiding digestion and elimination through the kidneys and digestive tract.
- Cypress offers diuretic action, tones the blood and lymph vessels, and decongests the lymph glands.
- Pink Grapefruit's diuretic action speeds up the circulation of lymph and the elimination of toxins; detoxing through the liver, urinary tract, gallbladder, and lymph system.
- Lemon detoxes through the blood and lymph system.
- Peppermint possesses strong antibacterial and antifungal properties, helping to remove toxins from the kidneys and bladder. It has a relaxing and antispasmodic effect on the muscles of the digestive and urinary systems and is helpful for relieving spasms in the urinary tract.
- Cedarwood Atlas has an affinity for the kidneys and acts as a tonic on these organs.
- Rose Geranium is one of the best Essential Oils known to bring balance to the fluids in the body.

## suggested usage

### BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts, mix into warm bath water, and soak 10-20 minutes.

### INTERNAL

- Add 1 to 2 drops to a "00" gel capsule and fill with Sesame Oil or Fractionated Coconut Oil. This may be helpful as a tonic for those who suffer from incontinence. Take 1 capsule with meals 1 to 3 times per day dependent upon need. Level 4 safety.

### TOPICAL

- Apply 1 to 2 drops neat on the kidney and bladder reflex points on the feet, and/or the K1 acupuncture point in the center of each foot known as the "wellspring of life". Apply 1 to 3 times per day dependent upon need.
- Add an appropriate number of drops of K&B Detox to 1 ounce of ½ Grape Seed Oil and ½ Fractionated Coconut Oil. Refer to the dilution chart for the appropriate number of drops, diluting by age. Gently massage over the kidney and/or bladder area.

## 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.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Diuretic Essential Oils increase the flow of urine and can be helpful where there is retention of fluid, and during detox programs when the kidney and bladder must rid the body of the increased volume of toxic waste. Diuretic Essential Oils should be used with care and are not for continuous use or to be used for long periods of time.
- Do not exceed recommended dosages or durations.

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Juniper Berry, Rosemary ct. 1,8 cineole, Fennel, sweet; Cypress, Grapefruit, pink; Lemon, Peppermint, Cedarwood, atlas; and Geranium, rose

## 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 #4:** Never recommended for children or while pregnant or nursing.

### 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*

Remember that blends, because of the smaller percentage of stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

5ml Bottle



### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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