

## Product Summary

GLF™ was created to support a healthy liver and gallbladder function and includes the powerful essential oils of grapefruit, ledum, helichrysum, celery seed, hyssop, and spearmint. GLF can be applied to the liver reflex points using the Vita Flex technique to harmonise the body.

GLF can also help establish emotional wellness by clearing emotions such as blame, bitterness and anger. According to Traditional Chinese Medicine, these are commonly stored in the gallbladder and liver. Applying GLF to the Vita Flex points or chakras will help you foster the positive emotions of approval, contentment and forgiveness.

## Primary Benefits

- Traditionally used to support the liver and gallbladder.
- Supports detox programmes and regimes.

## Who should use this product?

- Individuals looking to support a detox regime.
- People who wish to harmonise and balance the body.

## Suggested Use

Apply to desired area. In case of sensitivity, dilute 5 drops in 10ml of V-6.

## Cautions

- Keep out of reach of children
- Avoid contact with eyes and mucous membranes.
- Not for internal use.
- Avoid direct sunlight and UV rays for up to 12 hours after applying product.



## Ingredients

Grapefruit (*Citrus paradisi peel oil*), ledum (*Ledum groenlandicum oil*), helichrysum (*Helichrysum italicum; flower oil*), celery Seed (*Apium graveolens; seed oil*), hyssop (*Hyssopus officinalis; leaf oil*), spearmint (*Mentha spicata; leaf oil*).

## Goes well with

- JuvaFlex
- JuvaCleanse

## Did You Know?

- GLF stands for "Gallbladder and Liver Flush".
- Celery (*Apium graveolens*) seed was historically used to support normal liver and digestive function.
- Spearmint, like its close cousin peppermint, is highly regarded for supporting proper digestion.
- Grapefruit oil is rich in the powerful antioxidant limonene.