



Petrochemical Cleanse

with Young Living Essential Oils

Balance Your Hormones & Nourish
Your Inner Goddess with Essential Oils

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1. Watch this video: <http://bit.ly/easyaccountsetup>
2. Create your account here: <http://bit.ly/rmylsignup>

"I measured myself this morning. Even though I have only lost 2 lbs in 10 days, I was shocked that I have lost almost 3 inches in my waist OMG" - Heather

Petrochemical Weight Loss Protocol

Created by Tiffany Rowan - Revised By Artemis & Krystalle Keszainn

Use The Petrochemical Cleanse to:

- *Trim and Slim Those Muffin Tops & Love Handles*
- *Cleanse Years of Accumulated Toxins from Conventional Skin Care and Make-Up Applied to your Skin*
- *Detox Heavy Metals and Deeply-Stored Toxins from Your Fat Cells - safely and effectively*
- *Let Go Of Old Stubborn Fat in Your Hips and Thighs*
- *Get Rid of Cellulite*
- *Support an Liver, Gallbladder, or Kidney Cleanse Protocol*
- *Powerfully Enhance a Juice or Colon Cleanse*

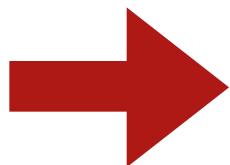
Look to the end of this manual for 3
Bonus Essential Oil Protocols including:

Conquering Cortisol

Balancing Blood Sugar

Boosting Testosterone

... all with Encapsulated Essential Oils!



GET STARTED RIGHT USING ESSENTIAL OILS WITH RITAMARIE AND ARTEMIS BY FOLLOWING THE 2 EASY STEPS BELOW!



Balance Your Hormones &
Nourish Your Inner Goddess
with Essential Oils

Young Living
Clary Sage
Salvia sclarea
100% Pure Therapeutic-Grade
Essential Oil Supplement

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The Petrochemical Weight Loss Protocol is a modality in which petrochemicals, phthalates, parabens and heavy metals are digested or eliminated from the cells through topical application of Young Living essential oils to the skin.

The protocol recipe contains a blend of citrus essential oils containing d-Limonene, a molecule known for digesting petrochemicals out of the cells. The Citrus Essential Oils have also been studied and documented by PubMed in the reduction of tumors and regression of cancers.

D-Limonene's benefits could be compiled in a long list. One of

those benefits is that **d-Limonene** powerfully boosts **glutathione** production, one of the body's most powerful natural anti-oxidants. ([documented by PubMed HERE](#)) The body uses **glutathione** to powerfully remove free radicals and for detoxification of heavy metals.

The oils in this protocol are applied to target areas once in the morning and once a night, everyday, for three weeks. The average person is able to lose inches in less than a month with this protocol. The protocol is cost effective, quick and safe working with the body's natural physiology.

The body's naturally stores toxins in the fat or adipose tissue. The more toxins we accumulate, the more our body produces fat cells to trap the toxins in an attempt to keep them from traveling to our brain, heart and lungs. **The more toxins we accumulate, the bigger we get.** The more toxins we accumulate, the more our cells are inhibited in communicating correctly with each other. **When cellular communication is impaired, we see a cascade of effects wreaking havoc on our body's systems.**

As toxins are literally digested by Young Living Essential Oils, the barriers are removed and normal cellular communication returns.



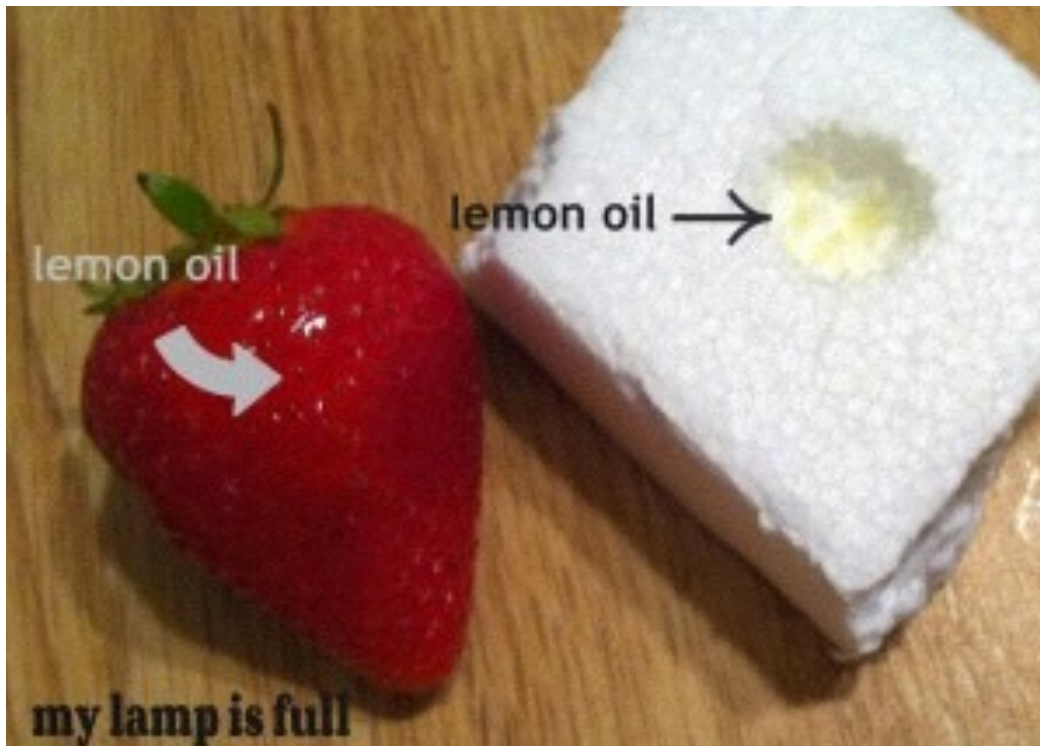


image courtesy of www.mylampisfull.com

Pure genuine, therapeutic grade essential oils, such as Young Living essential oils, work with the body's natural intelligence and biology. As seen in the graphic above, **authentic essential oils containing d-Limonene have the intelligence to know what is synthetic and what is living.**

Essential oils literally digested a hole in the Styrofoam made of petrochemicals. The oil's intelligence recognized that petrochemicals are harmful and sought to destroy it. When the same authentic essential oil is placed on the skin, it penetrates deep into the layers till it reaches the blood stream, where it then travels to all the body's 75 trillion cells. Essential oils have natural innate intelligence and they recognize that human tissue as living and seek to communicate with it to support the body in its natural physiological functions.

The Petrochemical Weight Loss Protocol is not necessarily a cleanse. A cleanse removes toxins from the cells where they then mobilize to the liver, lymphatic, skin, and large intestine to exit the body.

The Protocol literally digests petrochemicals to where they don't even exist any more. Just like the foam in the image above didn't move somewhere else is the same way petrochemicals do not travel throughout the body. Just like the foam in the image above has a hole where the petrochemicals don't exist anymore; the same mechanism is occurring in the body where you literally trim and slim in size because toxins don't exist where you applied the Protocol.

You can and will reshape itself with your morning and evening applications. You will not lose weight. Very rarely does one experience a weight loss and even then, the amount is insignificant. Petrochemical Weight Loss Protocol got its name because of a few reasons:

The word "Petrochemical" in the title encompasses a category of toxins including parabens, phthalates, and metals.

The word "Weight" first refers to the breaking point of the body's burden (weight) of carrying petrochemicals.

The word "Weight" is a Google search word. This website and the accompanying Facebook page optimize search engine optimization (SEO). I had to give this protocol a name so that people searching for answers on the Internet could find this website and protocol. How else can I teach people how toxins interfere with cellular communication if I don't reach them through the back door of vanity? Because "weight" is a search word frequently used in Google, it was wise to use the traffic from that search word to direct people here for healing.

The word "Weight" in the title also refers to the emotional and spiritual healing we address as we continue to learn the additional beneficial side effects of removing toxins.

This Protocol not only has the potential to shape up our waistlines, but it also has the potential to re-shape up our emotional weight and our lives.

Any Protocol is not a one-size-fits-all solution for everyone. I do not offer a guarantee that you will lose inches or experience any health benefits. Approximately 10-15% of Protocol users do not experience a drop in inches. With continued exploration, we may find out why the Protocol doesn't work, we can then resolve the issues, and return to applying the Petrochemical Weight Loss Protocol. In these cases, it was a lucky thing they tried the Protocol to find out that it didn't work, because they were able to discover other health issues that needed to be addressed. Visit [THE PROTOCOL DIDN'T WORK FOR ME](#) page to see if any of the reasons why the Protocol doesn't work may apply to you.

To find the hundreds of others for whom the Protocol does work, all you have to do is Google "Petrochemical Weight Loss" to find personal blogs of those who have used the Protocol and have included "before" and "after" pictures.

Making The Protocol Recipe

3 bottles of Citrus Fresh

1 bottle of JuvaCleanse EO Blend

Pour all into a small glass jar (you can use an empty 4oz glass bottle).

Pour all four bottles of essential oil into the jar. Put on the lid and let set overnight. Then use a pipette or medicine dropper (Like the one in herb tincture bottles) and put the oil mixture back in the 4 bottles.

Label the 3 Citrus Fresh bottles – Week 1, Week 2, Week 3.

Use one bottle per week. Apply directly on abdomen and thighs (fatty areas). The remaining amount in the JuvaCleanse bottle can be used on additional body areas.

In 2014, the popularity of the protocol exploded all over the internet with ecstatic protocol users posting their results on their blogs and starting private Facebook groups to share in their successes with "before" and "after" pictures. With this explosion,

we were able to gather more anecdotal evidence of both recipes, the original and the new.

We heard amazing stories of health conditions reversing simply because their cells were rid of petrochemicals that prevented the cells to communicate with each other correctly.

Mothers were asking what recipe they should use on their children. Our world is so toxic that our children are born with over 200 identified toxins in their cord blood ([SEE RESEARCH ON INFANT TOXICITY HERE](#)). There is an urgency to get these awful toxins out of our bodies to prevent our little ones from suffering the same ailments we suffer but at younger ages. **Thus, there became a need for a diluted recipe for children listed below: (which adults with sensitive skin can use also).**

3 bottles of Citrus Fresh

1 bottle of JuvaCleanse EO Blend

1-3 bottles of Cell-lite Magic Massage Oil

Pour all four bottles of essential oil into a small jar. Put on the lid and let set overnight. Then use a pipette or medicine dropper (Like the one in an herbal tincture bottle) and put the oil mixture back into the essential oil bottles. Pour the Cell-lite Magic Bottle into the 8 oz jar. Add ONE of the essential oil bottles with the Citrus Fresh/Juvacleanse mixture.

Apply directly on abdomen and thighs (fatty areas). You can also apply the massage oil blend over your entire body. If you apply over your entire body, you will need to use the 2 additional bottles of Cell-lite Magic and the oil mixture and repeat the recipe for 2 more weeks.

Children: Apply once a day.

Adults with Sensitive skin: Apply twice a day.

(You can apply Myrrh oil first if your skin is extremely sensitive).

As with anything holistic, I cannot offer a one-size-fits-all protocol

for everyone. It is up to you to choose a recipe, experiment, and find what works for you. If you do not see a result with the protocol, there may be more serious issues that need to be addressed first. You may want to schedule a consultation and find out why.

QUESTIONS AND ANSWERS

by Tiffany Rowan

I have breast implants? Can I apply the oils to my breasts?

No! Oils high in limonene will digest petrochemicals they come in direct contact with. **But, you can apply oils to the under arms or near the collarbone** to digest the petrochemicals that are nearest the breasts.

Remember when Tiffany Rowan didn't apply the oils evenly to both hips. Her left hip was larger than her right hip because she only used her right hand to smooth in the oils. Her right hand couldn't reach all the way around her left side so this side didn't get the protocol. Same thing with applying oils around implants. If you don't get oil directly over the implant, it won't affect the implant.

Can I do the protocol if I'm a nursing mother?

Yes, this is not a cleanse. No petrochemicals will break off in your breasts and travel through the blood stream and make its way into your baby's milk. Oils high in limonene literally digest petrochemicals right where they are. That means, they no longer exist. If they don't exist, they can't travel to the blood stream. The only concern I can think of is where the baby's skin is touching the mother's skin where she applied oils. Citrus oils do feel like they are burning. I personally would place something cotton between the baby's face and the breast to make sure the baby doesn't come in contact with the oils.

If you do not wait till the skin has absorbed the oils, and the baby gets oils into his/her eyes, use olive oil on the eye lid to pull the essential oil into the olive oil and this will relieve discomfort. Vegetable oil dilute and slow the absorption of all essential oils.

Can I do the protocol if I'm pregnant?

NO! Any essential oil used in copious amounts is not to be used on a pregnant mother. Please consult the Essential Oil Desk Reference 6th edition (or later version) to find how to use essential oils safely during pregnancy. [CLICK HERE](#) to buy the highly valuable EO Desk Reference.

How many drops of oil do I use on my belly, arms and breasts?

If you are counting the number of drops you are applying then you may be having a stingy/scarcity mindset. A scarcity mindset is the same mindset that is keeping you from dropping inches. Apply the oils generously if you want to drop a generous amount of inches. You should be applying enough oil to equal an even layer of lotion. Remember, its not food issues that got you to this size, its your mindset that got you to this size. We are holistic beings. The way we do anything is how we do everything. Make sure you cover the entire area of application and be generous! Love your body with each stroke and watch yourself trim and slim!

Can I put the oils in a roller bottle and apply the oils that way?

Saturation is the key. If you want the process to go slower than three weeks, use a roller bottle. If you want to lose inches in three weeks, follow the protocol.

Can I juice at the same time I do the Petrochemical Weight Loss protocol? (answer by Artemis Keszainn)

It's up to you... follow your inner guidance. Juicing organic green fruits and vegetables can powerfully enhance hydration and pH balance to support cleansing from within. The Petrochemical

Weight Loss protocol works from the outside in... Doing both juicing and the protocol at the same time compliment each other. If you want to know what results you got from which modality, just do one at a time. If you do both juicing and the protocol at the same time, just expect even greater results.

Can I do a colon cleanse at the same time I do the Petrochemical Weight Loss protocol?

The answer is the same as above for juicing at the same time.

I don't have JuvaCleanse. Should I wait to do the protocol?

Yes. Citrus Fresh only digests petrochemicals. JuvaCleanse chelates metals. The oils of Ledum, Celery Seed, and Helichrysum in JuvaCleanse are a powerful addition to this protocol. If JuvaCleanse is out of stock... you may just supplement with one bottle each of the single oils - such as 1 bottle Helichrysum and Ledum or Celery Seed Oil.

Can I use JuvaFlex instead of JuvaCleanse?

No. JuvaCleanse contains the powerful chelating oils of Ledum and Helichrysum. While Citrus Fresh's job in the protocol is to digest petrochemicals, JuvaCleanse's job is to chelate metals. The ingredients on a label are listed in the order of which ingredient is used most. When you look at the JuvaFlex label, Helichrysum is the last oil listed on the label and Fennel is listed first. That means there is more Fennel in a bottle of JuvaFlex than Helichrysum. In fact, there isn't much Helichrysum at all in JuvaFlex. That means, you can't get rapid results like we do with JuvaCleanse.

Besides, since we started using JuvaCleanse in the recipe, we are seeing the same fast results as with just Ledum, but we are also seeing firmer skin and impressive results with the "cottage cheese" look disappearing. The protocol works best with the Citrus Fresh and JuvaCleanse EO Blend. Once you start substituting oils, it isn't the protocol anymore.

If I do this protocol during the summer, how long do I have to wait after applying the protocol before I can go into the sun?

Citrus Fresh is made of citrus oils that can cause the skin to become highly sensitive to the sun. Citrus oils act like little “magnifying lenses” to sunlight, increasing burning and blotching. [Some resources say](#) to wait 12 hours before going into the sun, while the Essential Oil Desk Reference advises us to wait 24 hours. No one has ever complained of brown spots on their skin when they waited at least 12 hours before going into the sun or having a radiation treatment.

This only applies to oils that were applied to the skin. If you drink oils in your water or take the oils by capsule, you will not have a phototoxic reaction. If you are wearing clothing over the areas of skin where the protocol was applied, you will not have a phototoxic reaction.

Do I have to finish my belly and hips before I can move on to my other target areas?

It's up to you. The only reason people do their body in segments is because they can't afford enough oils to do all their target areas at the same time.

How many pounds can I expect to lose?

Few if any. I chose Google Engine search words to name this protocol. I also cover the emotional “weight” we carry in my workbook *Shaping Up My Life and My Waistline*.

There are hundreds of ecstatic women who are dropping pant and dress sizes from losing inches in their target areas. They are getting their self image back and don't care that they look this good when their weight hasn't changed much.

Some people lose a couple of pounds. One woman lost up to 12 pounds. This protocol is about losing inches because petrochemicals are being digested out of target areas.

I got a rash after applying the Petrochemical Weight Loss oils. Should I stop using the protocol?

Depends. If the rash is just itchy, that is normal. Citrus oils can aggravate the skin. The bumps could simply be bacteria that the citrus oils are raising to the surface which means they are doing their job. Rashes can be soothed with some Young Living Lavender Lotion or Sensation Massage Oil. Itching is also a sign of healing like when a wound is closing. As the skin firms, it can feel like itching. There is no need to stop the protocol for this type of itching. Just use whatever oil you need to soothe the itch like the body oils listed above or make your own custom Lavender, Copaiba, and Ylang Ylang massage oil.

If the rash has a burning sensation accompanying a rash, then stop the protocol. You may have a sulfur deficiency which can cause you to have a reaction to certain essential oils. Stop the protocol and ramp up with Sulfurzyme ([CLICK HERE TO BUY SULFURZYME](#)). After you have used up a bottle of Sulfurzyme (2tsp in water or green juice twice a day), try the protocol again. Continue taking Sulfurzyme while on the protocol. You may like to use coconut oil or myrrh essential oil or patchouli essential oil to soothe your itching.

Remember, citrus oils are cold pressed from the rind to obtain the essential oil. This means, they are not essential oils that are distilled which means you could have an allergic reaction to them. Another possible reason that you get a rash is that your pH is acidic. Add more organic green vegetable juices and green powders to gradually become more pH balanced with MORE GREENS!!!

I am diabetic and I'm not seeing any results on this protocol. What should I do?

Stop the protocol and build your body. Take 6-8 drops Idaho

Balsam Fir by veggie capsule (am & pm) to reduce the cortisol that is affecting insulin. Use Balsam Fir for 3 weeks on... 1 week off while checking your blood sugar levels at fasting and after meals. Ramp up on [Sulfurzyme daily \(2-3 tsp/day\)](#) so that your body has the co-factors it needs to utilize this protocol. Do this for 3 weeks and start the protocol again. Continue the Idaho Balsam Fir and Sulfurzyme at the same time you start the protocol again.

How many bottles of Citrus Fresh will I go through?

When applying the protocol correctly which is morning and night, you will go through:

- One bottle a week if just doing belly and hips.
- Two bottles a week if working on belly, hips, chicken wing arms, and breasts.
- Two bottles a week if working on belly, hips, and thighs.
- Three bottles a week if working on belly, hips, chicken wing arms, breasts and thighs.

Why is this protocol a one-time protocol?

Because it took you years to accumulate that many toxins. It only takes weeks to get the petrochemicals out. You would have to spend years accumulating that many petrochemicals again in order to get fat enough to need to do this again. This is a one-time protocol.

After you complete the protocol, you will need to apply the protocol 2-3 times a week to maintain your progress.

How soon can I go swimming after I apply the protocol?

You can't go swimming outdoors after applying the protocol because of the phototoxic effects of citrus essential oils on the skin. Essential oils drive chlorine deeper into your pores so avoid swimming pools and hot tubs for at least an hour after applying the protocol. The reverse is also true, avoid applying the protocol for at least an hour after swimming in chlorine.

How soon can I shower before or after applying the protocol?

Again, essential oils drive chlorine deeper into the pores of the skin. Wait an hour before or after showering before applying the protocol. If you don't have any chemicals in your shower or bath water, you can apply the protocol immediately.

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The image shows a small glass bottle of Young Living Clary Sage essential oil with a white cap. The label on the bottle reads "Young Living Clary Sage Salvia sclarea 100% Pure Therapeutic-Grade Essential Oil Supplement". The bottle is positioned next to a lavender plant with purple flowers and green leaves.

Conquering Cortisol with Essential Oils

SPECIAL NOTE: Take these cortisol lowering EO BLENDS at breakfast and 2pm to give optimal support to your endocrine system. **Take these formulas 5 days on - 2 days off - for 7 weeks.... rest the 8th week and repeat if needed.** Make sure to mark your calendar for this! This is to ensure a new level of homeostasis and endocrine balance sets in after you finish your 7 week essential oil therapy. You may repeat and follow your body's inner wisdom with all your essential oil therapies!

Essential Oil Formula #1: Idaho Balsam Fir (*abies balsamea*), and Sacred Frankincense (*boswellia sacra*), Orange (*citrus aurantium*)



In a 00 Veggie Cap Combine:

- 4 Drops Balsam Fir
- 3 Drops Sacred Frankincense
- 3 Drops Orange
- Top off with Olive Oil & Cap

Swallow with 8-10oz of pure water.

Essential Oil Formula #2: Use Endoflex EO Blend - a blend of Spearmint (*mentha spicata*), Sage (*salvia officinalis*), Geranium (*pelargonium graveolens*), Myrtle (*myrtus communis*), German Chamomile (*matricaria recutita*), Nutmeg (*myristica fragrans*), and sesame seed oil



In a 00 Veggie Cap Combine:

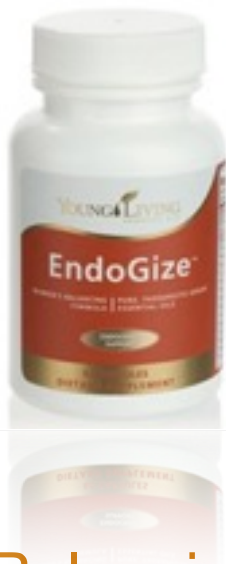
- 8 drops of Endoflex twice a day
- Top off with Olive Oil & Cap
- AND** massage 3-4 drops of Endoflex on lower back, focusing on L & R kidney/adrenal areas

Swallow with 8-10oz of pure water.

Take 3 weeks on and 1 week off.

Best time to use the cortisol lowering formulas

is around breakfast and 2pm for supporting your entire endocrine system. **Endoflex** supports every endocrine gland in your body - great for lowering cortisol and balancing insulin throughout your day.



Add 2-3 caps of **EndoGize** twice a day to your essential oil program for more powerful results. Take **EndoGize** with your essential oil custom blends... 3 weeks on and then 1 week off... Repeat this rhythm for 3 - 6 months to powerfully build and restore your core strength and endocrine balance. **EndoGize** can be a staple in your EO Medicine Cabinet for whole body endocrine support, energy, and youthfulness.

Balancing Blood Sugar With Essential Oils (eo insulin modulator)

SPECIAL NOTE: Take these blood sugar balancing EO FORMULAS at breakfast and lunch to support optimal insulin balance. **Take these formulas 5 days on - 2 days off - for 7 weeks.... rest the 8th week and repeat if needed.** Make sure to mark your calendar for this! This is to ensure a new level of homeostasis and insulin balance sets in after you finish your 7 week essential oil therapy. You may repeat. Remember to follow your body's inner wisdom with all your essential oil therapies!

Blood Sugar EO Formula #1: Cinnamon (cinnamomum verum), Coriander (coriandrum sativum), Ocotea (ocotea quixos)



In a 00 Veggie Cap Combine:

- 3 drops Cinnamon
- 3 drops Coriander
- 3 drops Ocotea
- Top off with Olive Oil & Cap

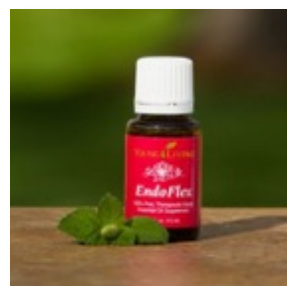


Blood Sugar EO Formula #2: Ginger (*zingiber officinale*), Coriander (*coriandrum sativum*), Ocotea (*ocotea quixos*)

In a 00 Veggie Cap Combine:

- 3 drops Ginger
- 3 drops Coriander
- 3 drops Ocotea
- Top off with Olive Oil & Cap

- **For additional Support:** *You may also massage 3-4 drops of Endoflex on lower back, focusing on L & R kidney/adrenal areas. Do this first thing in the AM and before bed - for deep kidney support.*



Increasing Testosterone Naturally With Essential Oils

(and reigniting your fire!)

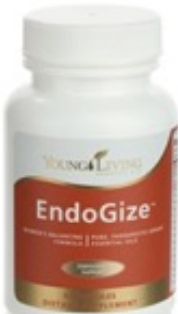
SPECIAL NOTE: Take these testosterone boosting EO FORMULAS at breakfast and 2pm to give optimal support to your endocrine system. **Take these formulas 5 days on - 2 days off - for 7 weeks.... rest the 8th week and repeat if needed.** Make sure to mark you calendar for this! This is to ensure a new level of homeostasis and endocrine balance sets in after you finish your 7 week essential oil therapy.



Essential Oil Formula: Idaho Blue Spruce (*picea pungent*) Spearmint (*mentha spicata*)

In a 00 Veggie Cap Combine:

- 8 Drops Idaho Blue Spruce
- 2 Drops Spearmint
- Top off with Olive Oil & Cap
- Take with EndoGize at Breakfast and 2pm



Take EndoGize EO Enhanced Kidney/Adrenal Formula

Take 2-3 capsules with Blue Spruce and Spearmint twice a day.



Enjoy your journey rejuvenating your body, mind, and spirit with Young Living Essential Oils! When you join with Ritamarie you will receive many more training videos on:

- Eliminating bloating, nausea, and gas with DiGize
- Use peppermint essential oil for better digestion and mental clarity.
- Heal stress and overwhelm using essential oils and gain more balance and flow in your high performance.
- Top 4 essential oils for eliminating pain in your muscles and joints
- And a whole lot more interactive video instruction from Artemis and his Team of essential oil experts.

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