



Symphony
of the cells

4 Weeks To Wellness

Boyd Kuhn Truman

4 Weeks to Wellness (4 W 2 W)



You must be on Lifelong Vitality Pack, Digestzen and/or Terrazyme for a minimum of 3 weeks before starting this regime.

1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>	6	<input type="checkbox"/>	7	<input type="checkbox"/>
• Digestive App.				• Lymphatic App.									

8	<input type="checkbox"/>	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>	13	<input type="checkbox"/>	14	<input type="checkbox"/>
• Forgiveness App.				• Inflamm App.									

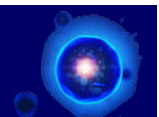
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• Solar App.				• Hormone B. App.				• Cellular App.					

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• C2 App.				• ID App.				• Emobic App.					

Proactive health care, stress reduction, rest, proper nutrition and exercise are all key in maintaining a healthy lifestyle. Reducing toxic load plays a major role in your overall health.

When we improve our health from the inside out, we bring about positive change. We are what we drink, eat and put in our bodies. Even the lotions, perfumes and skin care we apply can contribute to a heavy toxic load. Our 4 weeks to wellness will manage this unwanted waste. By pairing 10 key Symphony of the Cells applications with quality supplements, essential oils and a healthy diet we can enhance the body. You can practice this on a quarterly basis.

Please be aware that some individuals may experience minor sensitivities, such as skin irritation or diarrhoea during the general detoxification process. Understanding that these side effects are temporary, and that the body is simply trying to cleanse the toxic substances and toxic load that it may have been harbouring for years. For the elderly, ill or persons experiencing these symptoms, one approach is to limit the amount of drops used in the applications.



Digestive

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Turmeric



Step 5: Massage Blend (Aromatouch)



Step 6: Bergamot



Step 7: Coriander



Step 8: Digestive Blend (Digestzen)



Step 9: Geranium



Step 10: Peppermint



Possible Conditions:

- Acid Reflux
- Allergies
- Cirrhosis
- Colitis
- Constipation
- Crohn's
- Diarrhoea
- Diverticulitis
- Fibroid Cysts
- Gastritis
- Giardia
- Heartburn
- Haemorrhoids
- IBIS
- Kidney Infection
- Pancreatitis
- Stomach Ulcers
- Ulcers

Body Systems (in order of relevance)

1. Digestive

4. Immune

Recommended Charge:

2. Circ & Cardio

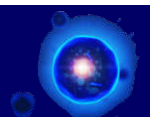
5. Integumentary

\$75.00

3. Urinary

Why this application?

This application was created to help support healthy digestive function. It can assist with relieving occasional constipation and intestinal stress. The oils involved in this application also help create movement and flow within the body.



Lymphatic

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary/Tea Tree



Step 4: Massage Blend (Aromatouch)



Step 5: Lemongrass



Step 6: Metabolic Blend (Smart & Sassy)



Step 7: Lemon



Step 8: Grapefruit



Step 9: Ginger



Step 10: Peppermint



Possible Conditions:

- Atopic Dermatitis
- Castleman Disorder
- Cellulite
- Cystitis
- Dermatitis
- Fluid Retention
- Hearing Challenges
- Kidney Stones
- Lymphedema
- Lymphadenitis
- Lymphadenopathy
- Lymphangitis
- Lymphoma
- Meige's Syndrome
- Obesity
- Oedema
- Swollen Lymph Nodes
- Tinnitus

Body Systems (in order of relevance)

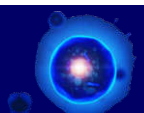
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|------------------|----------------|
| 1. Digestive | 4. Immune |
| 2. Circ & Cardio | 5. Respiratory |
| 3. Urinary | |

Recommended Charge:

\$75.00

Why this application?

This application was designed to allow for greater movement and flow within the lymphatic system. Additionally, it assists us in processing some of our bodily waste and can be helpful throughout the weight loss journey.



Forgiveness

Step 1: Rose



Allow the individual to apply the oils in steps 1 and 2 themselves

Step 2: Geranium



Step 3: Frankincense



Step 4: Neroli



Step 5: Carrier Oil



Step 6: Clove



Step 7: Melissa



Step 8: Juniper Berry



Step 9: Bergamot



Step 10: Renewing Blend (Forgive)



Possible Conditions:

- Abuse
- Anorexia
- Biliary Cholangitis
- Bipolar
- Broken Heart
- Bulimia
- Depression
- Hate
- Liver Disorder
- Loneliness
- Mood Disorder
- Phantom Pain
- PTSD
- Sclerosing Cholangitis
- Rage
- Resentment
- Self-doubt
- Self-hate

Body Systems (in order of relevance)

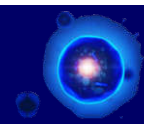
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|------------------|--------------|
| 1. Emot & Limbic | 4. Nervous |
| 2. Endocrine | 5. Digestive |
| 4. Circ & Cardio | |

Recommended Charge:

\$150.00

Why this application?

Most of us have people in our lives that we have negative feelings towards, such as anger or resentment. This application helps us to build our emotional strength and supports us in the process of letting go of hurtful feelings and emotions from the past.



Inflammatory

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Tea Tree



Step 4: Wintergreen/Birch



Step 5: Massage Blend (Aromatouch)



Step 6: Lemongrass



Step 7: Siberian Fir



Step 8: Helichrysum



Step 9: Soothing Blend (Ice Blue)



Step 10: Peppermint



Possible Conditions:

- Aches
- Arthritis
- Bursitis
- Cramps
- UTI
- Fever
- Herniated Disc
- Hypertension
- Inflammation
- Joint Pain
- Lupus
- Migraine/Headache
- Phlebitis
- Sciatica
- Scleroderma
- Spondylitis
- Tendonitis
- Varicose Veins

Body Systems (in order of relevance)

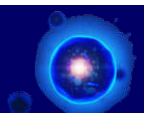
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|-----------------|------------------|
| 1. Sk, Msc, Cnn | 4. Circ & Cardio |
| 2. Nervous | 5. Digestive |
| 3. Immune | |

Recommended Charge:

\$105.00

Why this application?

The inflammatory application is one of the original Symphony of the Cells applications developed and one of the most commonly used. It can help relieve head, neck and back tension, as well as soothe muscles and sore joints.



Solar

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary



Step 4: Basil



Step 5: Myrrh



Step 6: Grapefruit



Step 7: Cinnamon



Step 8: Ginger



Step 9: Geranium



Step 10: Siberian Fir



Possible Conditions:

- Addison's Disorder
- Adrenal Fatigue
- Adrenal Gland Cancer
- Adrenal Incidentoma
- Adrenal Insufficiency
- Anorexia
- Congenital Adrenal Hyperplasia
- Diabetes
- Edema
- Interstitial Nephritis
- Kidney Stones
- Low Energy
- Mental Fatigue
- Renal Cyst
- Renal Failure
- Urinary Tract Infection (UTI)

Body Systems (in order of relevance)

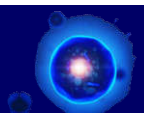
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|------------------|------------------|
| 1. Endocrine | 4. Digestive |
| 2. Circ & Cardio | 5. Emot & Limbic |
| 3. Urinary | |

Recommended Charge:

\$85.00

Why this application?

This application was added due to the high demand for supporting people struggling with consistent fatigue and/or mid-day energy loss. Intended to increase stamina and focus throughout the day, the oils included are beneficial to the kidneys, adrenals and the entire circulatory and digestive systems.



Hormone Balance

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Ginger



Step 5: Clary Sage



Step 6: Grapefruit



Step 7: Roman Chamomile



Step 8: Ylang Ylang



Step 9: Lavender



Step 10: Siberian Fir



Possible Conditions:

- ADHD
- Abdominal Cramps
- Cushing's Disorder
- Depression
- Endometriosis
- Fibroid Cysts
- Graves Disorder
- Hashimoto's Disorder
- Hot Flashes
- Hyperthyroidism
- Infertility
- Insomnia
- Menopause
- Postpartum Depression
- Premenstrual Syndrome
- Rosacea
- Stress
- Thyroid Disorders

Body Systems (in order of relevance)

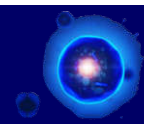
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|------------------|------------------|
| 1. Endocrine | 4. Integumentary |
| 2. Emot & Limbic | 5. Digestive |
| 3. Circ & Cardio | |

Recommended Charge:

\$95.00

Why this application?

This application was created to help support better glandular function. The oils used in this application help provide emotional grounding, promote balance, cleanse, as well as soothe and calm nerves.



Cellular

Step 1: Frankincense



Step 2: Neroli



Step 3: Carrier Oil



Step 4: Cellular Blend (DDR Prime)



Step 5: Black Pepper



Step 6: Cassia



Step 7: Spikenard



Step 8: Copaiba



Step 9: Wild Orange



Step 10: Petitgrain



Possible Conditions:

- Alzheimer's
- Anaemia
- Angelman Syndrome
- Autoimmune Disorders
- Epstein Barr
- Leukaemia
- Lupus
- Lyme Disorder
- Lymphoma
- Malaria
- Multiple Myeloma
- Multiple Sclerosis
- Nephritis
- Neurofibromatosis
- Parkinson's Disorder
- Shingles
- Sickle Cell Disorder
- Spinal Muscular Atrophy

Body Systems (in order of relevance)

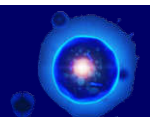
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|--------------|------------------|
| 1. Endocrine | 4. Circ & Cardio |
| 2. Immune | 5. Digestive |
| 3. Nervous | |

Recommended Charge:

\$105.00

Why this application?

The Cellular application was developed for individuals who are suffering from various autoimmune and/or endocrine challenges. This application helps to support healthy cellular function by protecting the body from oxidative stress.



C2

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Clove



Step 4: Coriander



Step 5: Turmeric



Step 6: Spikenard



Step 7: Pink Pepper



Step 8: Yarrow POM



Step 9: Tangerine



Step 10: Melissa



Possible Conditions:

- ALS
- Aplastic Anaemia
- Cardiomyopathy
- Encephalopathy
- Epilepsy
- Glioblastoma
- Guillian-Barre Syndrome
- Heavy Metal Toxicity
- Haemolytic Anaemia
- Hypoxia
- Meningitis
- Multiple Myeloma
- Necrosis
- Neuronal Toxicity
- Peripheral Neuropathy
- Polyneuropathy
- Proteopathy
- Pulmonary Edema

Body Systems (in order of relevance)

- | | |
|--------------|------------------|
| 1. Endocrine | 4. Digestive |
| 2. Immune | 5. Circ & Cardio |
| 3. Nervous | |

Recommended Charge:

\$150.00

Why this application?

Similar to the Cellular application, C2 also supports cellular longevity. It promotes cleansing and rejuvenation, in order to aid in healthy digestion and to provide support on the cellular level.



ID

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Oregano



Step 4: Thyme



Step 5: Protective Blend (On Guard)



Step 6: Massage Blend (Aromatouch)



Step 7: Lemongrass



Step 8: Tea Tree



Step 9: Melissa/Arborvitae



Step 10: Peppermint



Possible Conditions:

- Bacterial Infections
- Candida
- Colds
- Epstein Barr/Mono
- Fungus
- Hepatitis
- Immune Support
- Infections
- Influenza
- Lyme Disorder
- Parasites
- Shingles
- Sore Throat
- Staph Infection
- Stomach Flu
- Strep
- Viral Infections
- Yeast Infections

Body Systems (in order of relevance)

1. Immune
2. Digestive
3. Respiratory
4. Circ & Cardio
5. Endocrine

Recommended Charge:

\$145.00

Why this application?

The ID application involves many of the strangest essential oils. It supports all systems, but specifically assists the immune system in fighting some of the stronger environmental issues.



Emobic

Step 1: Frankincense



Step 2: Neroli



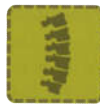
Step 3: Rose



Step 4: Jasmine



Step 5: Carrier Oil



Step 6: Spikenard



Step 7: Melissa



Step 8: Centering Blend

(Align)



Step 9: Douglas Fir



Step 10: Spearmint



Possible Conditions:

- Anger
- Appetite Dysregulation
- Autoimmune Encephalitis
- Bipolar Disorder
- Depression
- Emotional Trauma
- Fear
- Hyperorality
- Hypoglycaemia
- Insomnia
- Limbic Encephalitis
- Memory Loss
- Mental Fatigue
- OCD
- PMS
- Panic
- Postpartum Depression
- Stress

Body Systems (in order of relevance)

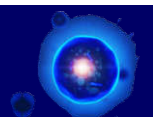
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|------------------|----------------|
| 1. Emot & Limbic | 4. Respirative |
| 2. Endocrine | 5. Immune |
| 3. Circ & Cardio | |

Recommended Charge:

\$175.00

Why this application?

The Emobic application was established for the enhancement of the emotional and limbic systems. The oils involved in this application can help restore mental and emotional alertness. Additionally, they can provide support for overcoming emotions and feelings associated with past memories and trauma.



Oil Substitution Table

Listed Oil	Sub 1	Sub 2	Sub 3
Arborvitae	Melissa	Siberian Fir	Birch
Basil	Massage Blend	Marjoram	Coriander
Bergamot	Grapefruit	Blend For Women	Lime
Birch	Wintergreen	Soothing Blend	Cypress
Black Pepper	Copaiba	Juniper Berry	Melissa
Blue Tansy	Roman Chamomile	Soothing Blend	Yarrow POM
Cardamom	Eucalyptus	Clary sage	Roman Chamomile
Cassia	Cinnamon	Protective Blend	Metabolic Blend
Cedarwood	Arborvitae	Patchouli	Vetiver
Cellular Blend	Frankincense	Thyme	Clove
Centering Blend	Rose	Jasmine	Geranium
Cilantro	Coriander	Cardamom	Black Pepper
Cinnamon	Cassia	Protective Blend	Metabolic Blend
Clary Sage	Women's Month Bl	Blend For Women	Coriander
Clove	Protective Blend	Cassia	Cinnamon
Copaiba	Melissa	Ylang Ylang	Clove
Coriander	Lavender	Juniper Berry	Cardamom
Cypress	Douglas Fir	Massage Blend	Blue Tansy
Eucalyptus	Respiratory Blend	Tea Tree	Basil
Detoxification Blend	Geranium	Copaiba	Rosemary
Dill	Bergamot	Lemon	Wild Orange
Douglas Fir	Siberian Fir	Cypress	Blue Tansy
Eucalyptus	Respiratory Blend	Tea Tree	Basil
Frankincense	Pink Pepper	Anti-Aging Blend	Fennel
Geranium	Copaiba	Detox Blend	Rose
Ginger	Turmeric	Fennel	Digestive Blend
Grapefruit	Bergamot	Tangerine	Wild Orange
Green Mandarin	Tea Tree	Marjoram	Lime



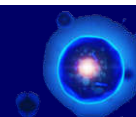
Oil Substitution Table cont

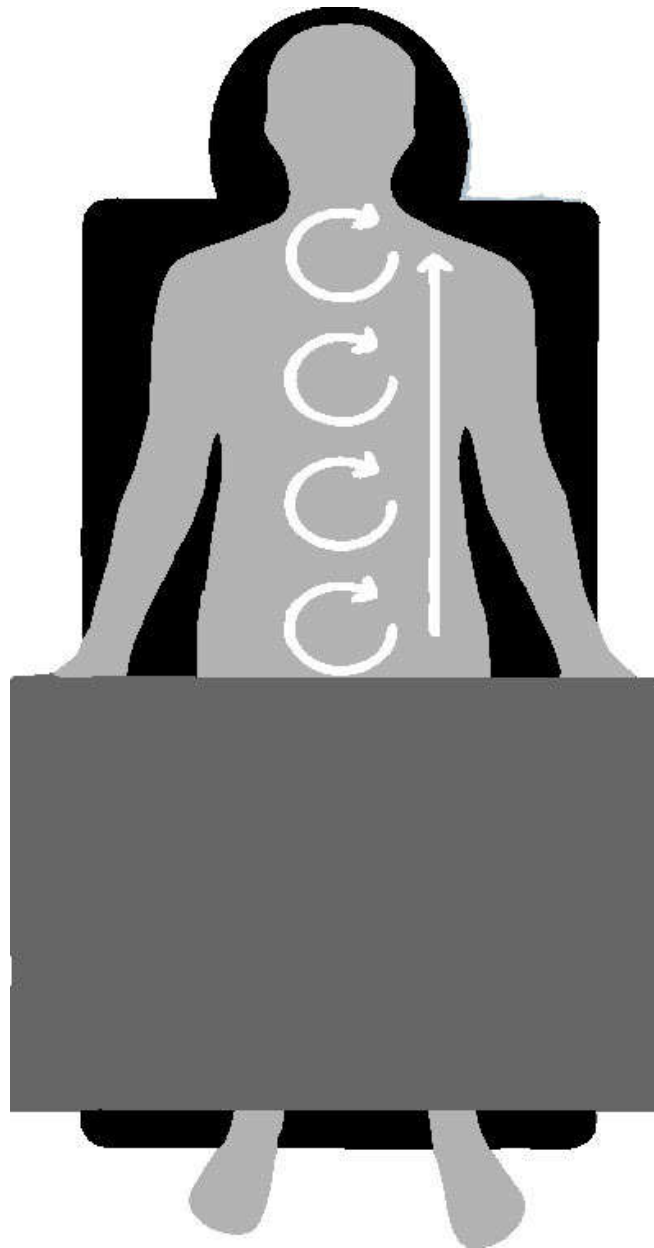
Listed Oil	Sub 1	Sub 2	Sub 3
Helichrysum	Soothing Blend	Anti-Aging Blend	Myrrh
Jasmine	Roman Chamomile	Rose	Ylang Ylang
Juniper Berry	Detox Blend	Coriander	Renewing Blend
Lavender	Petitgrain	Roman Chamomile	Coriander
Lemon	Wild Orange	Lime	Grapefruit
Lemongrass	Helichrysum	Black Pepper	Dill
Magnolia	Lavender	Petitgrain	Neroli
Marjoram	Basil	Cypress	Massage Blend
Massage Blend	Basil	Cypress	Marjoram
Melissa	Black Pepper	Lemongrass	Copaiba
Metabolic Blend	Ginger	Peppermint	Cinnamon
Myrrh	Sandalwood	Spikenard	Anti-Aging Blend
Neroli	Petitgrain	Melissa	Lavender
Oregano	Thyme	Basil	Cumin
Patchouli	Vetiver	Focus Blend	Cedarwood
Peppermint	Soothing Blend	Spearmint	Digestive Blend
Petitgrain	Neroli	Lavender	Bergamot
Pink Pepper	Blue Tansy	Frankincense	Spearmint
Protective Blend	Cinnamon	Clove	Copaiba
Renewing Blend	Bergamot	Juniper Berry	Myrrh
Respiratory Blend	Eucalyptus	Rosemary	Tea Tree
Roman Chamomile	Blue Tansy	Lavender	Focus Blend
Rose	Geranium	Lemongrass	Ylang Ylang
Rosemary	Tea Tree	Neroli	Eucalyptus
Sandalwood	Cedarwood	Spikenard	Myrrh
Siberian Fir	Douglas Fir	White Fir	Cedarwood
Soothing Blend	Helichrysum	Peppermint	Wintergreen
Spearmint	Peppermint	Pink Pepper	Reassuring Blend



Oil Substitution Tablecont

Listed Oil	Sub 1	Sub 2	Sub 3
Spikenard	Myrrh	Vetiver	Patchouli
Tangerine	Wild Orange	Grapefruit	Lime
Tea Tree	Green Mandarin	Rosemary	Eucalyptus
Thyme	Oregano	Copaiba	Clove
Turmeric	Ginger	Cinnamon	Cardamom
Vetiver	Patchouli	Spikenard	Cedarwood
White Fir	Siberian Fir	Douglas Fir	Blue Tansy
Wild Orange	Tangerine	Lemon	Grapefruit
Wintergreen	Birch	Soothing Blend	Siberian Fir
Yarrow POM	Blue Tansy	Black Pepper	Melissa
Ylang Ylang	Jasmine	Lavender	Magnolia





For More Information Please Contact:
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