

Cleanse Your Cellular Receptor Sites

What are Cellular Receptor Sites?

The cells in our bodies have small pores called receptor sites that are part of the cell's outer membrane (cell wall). These receptor sites allow the cells to take in essential nutrients and eliminate things they don't need. This creates an equilibrium (also called homeostasis) within your cells. As we become toxic, the receptor sites on our cells get clogged with toxins, preventing them from taking in the needed nutrients and fuel for our bodies. Good nutrition helps keep those toxins from clogging the receptor sites.

How to Cleanse Your Receptor Sites:

Luckily, here is an easy way to cleanse your receptor sites and get your cells back to optimal performance. To cleanse cellular receptor sites, use good quality essential oils in the following protocol.

Procedure:

1. Put 2+ drops of oil (combined with a carrier oil) in your palm. Rub drops on the entire bottom of each foot in the morning.
2. Use one oil each week.
3. After week 3, repeat the process as needed. This is especially helpful for heavy metal toxicity, high grain consumption and diabetics.

Oils: Always use good quality essential oils, I use Young Living Essential Oils.

Week 1 (phenols that cleanse) Choose from: Clove, Cinnamon, Peppermint, Oregano, Wintergreen, Thyme

Week 2 (sesquiterpenes that repair) Choose from: Frankincense, Three Wise Men, Sandalwood, Cedarwood, Spikenard, Myrrh

Week 3 (monoterpenes that reprogram) Choose from Orange, Lavender, Lemon, Grapefruit, Lime, Mandarin, Marjoram

It's best to use this protocol immediately after bathing when your skin pores are open. After the initial protocol is repeated as needed, it can be used monthly for maintenance.

The monthly protocol entails using the oils for 3 weeks as directed and then taking one week off.

Repeat the next month. Another helpful routine may be to use the oils for months on and then one month off.