

# **Shortt's Shorts on Young Living's Citrus Fresh Sunshine in a bottle!**

**Gary Young was a master blender. Citrus Fresh contains;**

**Lemon** – contains di-limonene - a detoxifier which helps rid our kidney and liver of toxins from either what we ingest or what we inhale from the environment

**Mandarin** – uplifting for the body and mind -helps to balance emotions

**Tangerine** – contains di-limonene

**Orange** – supports cellular function – oil of abundance

**Grapefruit** – cleansing and nourishing for skin – curbs appetite  
– helps to cope and self-soothe

**Spearmint** – an herb not a fruit – contains di-limonene – rounds out and balances our emotions - oil of confident speech, clear thought, clear expression – helps us feel more balanced

**Combining all these fruits plus an herb enhances the value of each.**

## **On a Personal Note:**

*I use Citrus Fresh in my water for both the therapeutic value and the taste.*

*I use Citrus Fresh in my diffuser to help me feel uplifted especially on dull days.*

*I use Citrus Fresh to help balance my emotions.*

*Have you Young Living order delivered to your door world-wide.*

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