

# Petrochemical Weight Loss with Essential Oils

by Tiffany Rowan

Are you just so excited or WHAT? You are about to hear how I lost 40 pounds and almost three inches in less than six weeks using citrus essential oils to digest fat and toxins from my cells. It was so stinking easy to do and it comes off fast! All I had to do was rub some oils on my belly and hips, take some essential oils by capsule, then go to bed and let the oils do all the work. Voila! Skinny me!

[I only had to do this protocol once](#) <sup>[1]</sup>! This is a one-time weight loss and let me explain why. Your body is so smart. [It encapsulates toxins to keep them away from your heart, lungs and brain](#) <sup>[2]</sup>. Toxins can wreak havoc on your organs and your body does its darndest to keep those toxins from the organs that you need to stay alive with. You don't need your fat cells in order to stay alive, so your body uses fat cells to store toxins. Each year you store more and more toxins in your body and you just keep getting fatter and fatter. Once you do this protocol and you have cleaned out decades worth of petrochemical toxins out of your cells, you will only have to stay in maintenance mode. That's why this is a one-time weight loss protocol. It is specific to cleaning out toxins where other protocols have other focuses.

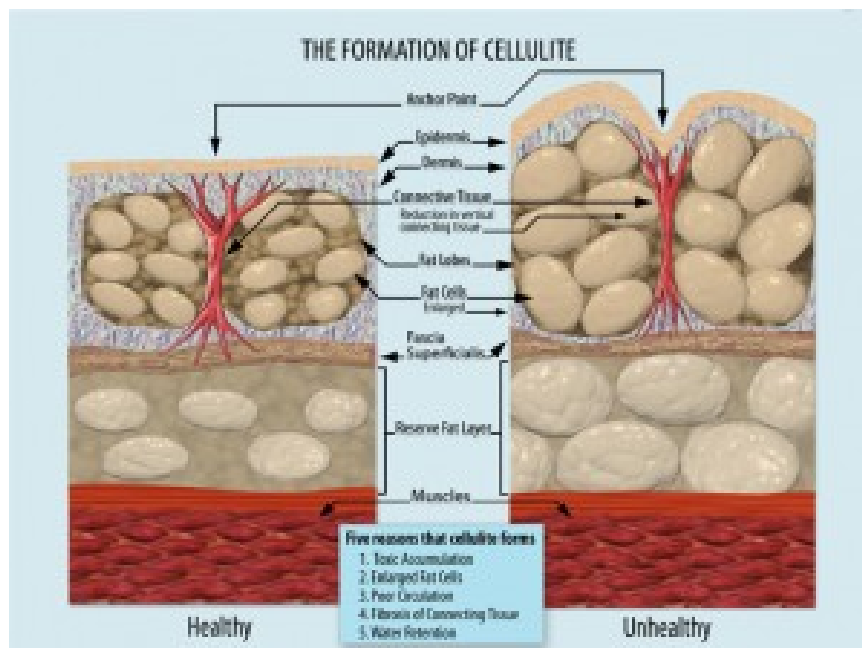


Image courtesy of [www.infinitrin.com/thecellulitestore](http://www.infinitrin.com/thecellulitestore)

By the way, you can lose anywhere from 5-15 pounds of fecal matter just by doing a colon cleanse so keep that in mind when you are tallying up how much you lose from this Petrochemical Weight Loss. If your belly doesn't jiggle from fat anymore, but your belly is still big, you may need to get the fecal matter out by doing a colon cleanse. Some other factors may be that your intestines weren't replaced incorrectly after a cesarean birth or other surgery. Maybe you are out of structural alignment.

I conducted a teleseminar giving my story of using citrus essential oils with Ledum essential oil to digest the petrochemicals out of my cells. The agenda covers:

- \*How I learned this concept from Dr. Young
- \*How I found a cheaper way to do this protocol
- \*How funny I looked when I didn't apply even coverage of the oils to both hips.
- \*What you need to know to keep from producing more fat which allows more environmental toxins to make a home inside of you.
- \*How important it is for you to get the toxins out of your cells because of all the damage they do to your endocrine system.
- \*How cleaning out my endocrine system re-timed my body so that I have normal and pain-free periods, how one woman conceived a child after being told she was sterile, and how one man was able to have an erection after 20 years of not being able to do so.

### ***Some Testimonials:***

"I just started a few days ago... With a twist... Doing only my right thigh. Not left and decided for whole stomach... After four times the difference in my legs is extremely noticeable... There's almost a full inch different... Very exciting, and easy to show others this works... And works fast.." – Amanda

"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

"Your Petrochemical weight loss seminar was one of the best seminars that I have ever heard. Thanks for sharing this information with everyone." — Karen

"I have done it for 2 weeks and just started my period yesterday. No (PMS) cramping or aches at all this time."—Hannah

"My pregnancy mask 'Melasma' has been lightening up significantly since starting the petro. You don't know how excited i am to wear less make up." – Heather

"My husband lost 4.5 lbs in two days. It's wonderful for him and although I have a lot to lose I'm trying it out on my upper arms right now because I have two fatty tumors on the under soft side of my arms... since starting on Monday one is reduced from nickle size to dime size." — Katrina

"Just started my petrochemical regimen... my body feels zingy, like there are amazing electrical currents hard at work! So awesome!" - Emily

"My navel erupted with bumps and infection almost clear now!!! -- Monica

Not only are people losing weight and inches, saggy chins, double breasts, thighs, but you are losing your PMS symptoms and tumors as well.



**By clicking on the play arrow you will be taken to Tiffany Rowan's website where you can hear her teleseminar (you will have to scroll down to find the audio player).**

Follow along with the teleseminar with the notes below as we learn about this rapid weight loss plan. The numbers along the left represent minutes and seconds in the audio so you can skip to different sections if you like. Let's get started!

## Teleseminar NOTES: (click here to print these notes)

:41 I went to Dallas Texas to hear Gary Young Speak where he gives his recipe for weight loss. I noticed that the oils are found in Citrus Fresh

## 2:25 The Petrochemical Weight Loss Recipe

You will need:

1-15 ml bottle of [Citrus Fresh](#) <sup>[3]</sup> essential oil blend

1-5 ml bottle of [Ledum](#) <sup>[4]</sup> essential oil

1- 15 ml bottle of [Grapefruit](#) <sup>[5]</sup> essential oil

1 bag of [OO capsules](#) <sup>[6]</sup> (These capsule from this Young Living link are big enough to put 20 drops of oil in. As long as you swallow 20 drops of Grapefruit, it doesn't matter what size capsules you use. )

**Get your Weight Loss Products NOW!**  
**(CitrusFresh, Grapefruit, and Ledum)**

[Buy Now](#)

Or contact Chelsea Gary at [cgary@shoame.com](mailto:cgary@shoame.com)

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There are two parts to this protocol. You have to use the Citrus Fresh/Ledum mixture to break up the fat. Then you need to take Grapefruit by capsule to digest what the CitrusFresh/Ledum broke up.

First Part: Put 10 drops of Ledum into a bottle of Citrus Fresh. Put the orifice reducer back on and dot the oil all over the areas you want to focus on and smooth the oil into your skin.

Second Part: Put 20 drops of Grapefruit oil in a capsule, swallow it, then go to bed. (See grapefruit warning below.) Saturating the cells with grapefruit oil is key so make sure you swallow 20 drops.

4:34 Everything that Dr. Young has ever said would be the case with his essential oils, has in my experience, happened the exact same way for me. Gallstones, pregnancy and child birth oils, kidney infections, etc.

5:18 Disclaimer for FDA

6:20 90% of drugs are plant based. Pharmaceutical companies find active ingredients found in nature, synthesize them, and make drugs. They keep looking for active ingredients in new plants to make drugs from.

7:16 **EXCELLENT DESCRIPTION OF HOW MEDICINES WORK IN OUR BODY. DON'T MISS THIS!** How pharmaceutical drugs and essential oils have more than one action in the body. Medicines/Drugs have to enter the surface of the cell at the receptor site. Essential oils only enter cells that need the oil. Drugs enter the cell whether it is needed or not. Drugs have negative side effects because they enter additional cells that don't need them. Essential oils only have positive side effects because they only enter cells that do need them.

14:29 Two actions. Citrus Fresh to break down Fat. Grapefruit to digest what Citrus Fresh broke up. This is a one-time weight loss because it focuses on digesting the toxins that are encapsulated in your cells.

15:05 Your body intelligently encapsulates toxins in order to keep your heart pumping, lungs breathing, and brain functioning. Problem is, we keep adding more toxins to our fat cells, and we keep getting bigger and bigger.

16:24 Thousands and thousands of chemicals are out there. Only 1300 have been tested and proven to act like hormones. Other chemicals still need to be tested.

16:48 **WHY DIETING SOMETIMES DOESN'T WORK:** Sometimes dieting doesn't work because petrochemicals block the receptors sites keeping nutrition and other good things from getting inside the cell.

18:39 One time weight loss, 40 pounds and three inches.

**This section describes why digesting fats and toxins is a one-time weight loss protocol.**

19:07 Repeated recipe and description of how I applied the oils.  
First Part: Put 10 drops of Ledum into a bottle of Citrus Fresh. Put the orifice reducer back on and dot the oil all over the areas you want to focus on and smooth the oil into your skin.

Second Part: Put 20 drops of Grapefruit oil in a capsule, swallow it, then go to bed. (See grapefruit warning below.) Saturating the cells with grapefruit oil is key so make sure you swallow 20 drops.  
Dotted the recipe all over belly and hips every one to three inches apart, smooth it in.

20:50 I literally felt bigger pieces breaking up into smaller pieces on the first night. So on day one I felt it working. Citrus essential oils are diuretics so I peed a few times in the night.

21:27 **DR. YOUNG SAYS DO NOT DILUTE. MUST SATURATE THE FAT WITH OILS.**

22:20 Recipe doesn't work if you dilute it. It's just throwing away money if you didn't follow instructions. [People who reported that this didn't work](#)<sup>[1]</sup> were the ones who diluted the recipe.

23:28 Huge noticeable difference by week two. Different jean size by week three. Weeks five and six were just finishing up the last remaining bits of fat that needed to be digested.

24:20 This is a one-time weight loss because you are able to digest decades of toxins out at once. It took you years to accumulate as many toxins as you did. Every new decade there are more toxins that were made than the decade before. It would take years for you to accumulate that many toxins again and to get to that same size again.

26:10 Your experience will be different than mine because your body type is different than mine. I only gain weight in my belly and hips, and you may gain it in the butt, thighs and breasts too.

26:47 Do this twice a year to stay in maintenance mode.

27:40 I am slim because of the weight loss, but I do have a momma belly because my organs were not put back into my abdomen correctly after a cesarean birth.

28:09 Recipe did not work for Dr. Deaurdeuff because she is always in a state of cleansing. You may have less to lose because you don't put as many toxins like sunscreen and tap water in your body .

**Don't create more fat where new toxins can make a new home. This section talks about the common things we do that cause weight gain.**

29:46 Now once you lose the weight, don't create more fat that toxins can reside in.

30:09 Liver converts excess sugar intake into fat. So watch your servings. Eat protein in the mornings and carbs in the afternoon. Your body was designed to have proteins and fats in the morning to get your brain ready for school and work. It is designed to eat carbs/fibers in the afternoon to give you the energy boost you need to carry you through the second half of the day after the lunch time lull.

31:40 Don't eat after dinner. The body is programmed to stop digesting at bedtime. It is programmed to go into cleansing mode throughout the night. You mess up your body clock asking it to digest when it is supposed to be cleansing. The liver doesn't get a chance to rest and it will keep you awake since it has to clock in for overtime hours.

32:22 Sodas. [Dr. Pepper has 39 grams of sugar](#) <sup>[8]</sup>. Sodas were originally 4-6 ounce servings. The excess amount of sugar is converted to fat.

33:15 Diet Sodas are worse. We will talk about [Splenda](#) <sup>[9]</sup>, Nutrasweet, and Aspartame under the blanket of Aspartame. Artificial sweeteners also cause weight gain. The liver breaks down [aspartame](#) <sup>[10]</sup> into aspartate and phenylalanine which stimulates insulin spikes. The body takes excess insulin out of the blood and converts it to fat. Aspartame doesn't even contain glucose so it shouldn't even be stimulating the release of insulin. That is freaky.

34:39 [Artificial sweeteners inhibit serotonin](#) <sup>[11]</sup>. Serotonin signals that the body is satiated (satisfied). It makes you crave more carbs. Will have residual hunger for 90 minutes after you ate the artificial sweetener.

35:38 Nervous system has receptor sites for aspartame . My best friend gets temporary blindness and my daughter gets seizures from aspartame and MSG. Aspartame is found in pharmaceutical drugs too.

36:40 An excess production of cortisol causes weight gain. Cortisol can be stimulated from junk food, stress or problems with adrenal glands.

37:08 Antidepressants, pharmaceutical drugs, and stress also cause weight gain.

37:19 Lack of sleep causes weight gain. Make sure room is dark and that your clock and other electronics are at least five feet away from your brain.

38:09 [Sleep Essence](#) <sup>[12]</sup> negates the effects of too much junk, and induces sleep and maintains a deep sleep, and I also wake up alert.

38:24 When I use Sleep Essence with [Super Cal](#), <sup>[13]</sup> I sleep so deep that I tease that I am in a coma.

38:49 If you are not getting enough sleep, clean out the liver. This is how I got rid of Chronic Fatigue Syndrome. Use [JuvaCleanse](#) <sup>[14]</sup>. Liver needs glutathione to heal itself. Citrus oils are high in limonene which causes the liver to make its own glutathione so it can repair itself. After it repairs itself, Chronic Fatigue Syndrome goes away.

[Lemon](#) <sup>[15]</sup> 59-73% Limonene

[Grapefruit](#) <sup>[5]</sup> 88-95% Limonene

[Tangerine](#) <sup>[16]</sup> 85-93% Limonene

[Orange](#) <sup>[17]</sup> 85-96% Limonene

### Question and Answer session during bathroom break.

40:23 Different body types, the amount of chemicals you have stored in your fat, and how long you've been on pharmaceutical drugs can affect how much oil you need to start with. I started out with three bottles of Citrus Fresh.



41:50 **Warning! Use Ledum instead of Grapefruit essential oil when on pharmaceutical drugs because grapefruit essential oil may lengthen the effects of prescription drugs the same way grapefruit juice does.**

**Citrus Fresh breaks up fat and Ledum breaks up metals.**

42:40 Get metals out of breasts and penis to restore function. Some breastfeeding women are making milk, but the milk doesn't come out of the breasts because the metals are clogging the ducts.

### Let me tell you a funny story!

43:35 I looked lopsided with one hip digested and the other hip looking the same because I didn't put the essential oil on my left hip.

43:52 Do not use water to rinse your eye [if you get essential oil in eye](#) <sup>[18]</sup>. Use olive oil or V6 instead.

45:26 I saw what my hips looked like when I got out of the shower. This proves that the oils work so put the oil on your focus areas and the neighboring areas because these oils are so effective that you will notice which areas did get oils on them and which areas did not get oils on them.

46:39 Citrus essential oils are [phototoxic](#) <sup>[19]</sup> so don't put this recipe on 12 hours before going into the sun, before a radiation treatment, or a tanning bed.

### **Bonus side effects! Cleaning the reproductive organs!**

48:00 Bonus side effect. Now that the toxins are gone, my reproductive organs are cleaned off. I now have normal periods with no mood swings, food cravings, cramps, loose hips, heavy bleeding and long periods.

50:45 People are also enjoying this bonus side effect on their reproductive organs. Moms love that their daughters are not missing school anymore because of PMS pain.

51:07 I had one sterile woman conceive after the Petrochemical Chemical Weight Loss Protocol.

51:25 Dr. Deardeuff wrote [Inner Transformations Using Essential Oils](#) <sup>[20]</sup>. which is a book containing cleansing protocols for each organ. She has clients who conceive after doing cleanses.

52:00 One gentleman was able to have an erection after 20 years of not being able to.

### **What are petrochemicals and what havoc do they wreak?**

53:23 What are petrochemicals? They cause a film on your receptors sites that keep your reproductive organs from doing their job which may cause painful periods, infertility, and miscarriage.

54:29 Petrochemicals are endocrine disruptors. They bind to receptors blocking the body's own hormones. Endocrine disruptors are fat soluble so they lodge in fat cells.

54:48 Petrochemicals act like hormones because they block receptors. Can find them in oral contraceptives.

54:30 My daughter started having a period at the age of 12 (said 12 in teleseminar, but it was really 11) from drinking [cows' milk](#) <sup>[21]</sup>. Removed [milk](#) <sup>[22]</sup> and she stopped having periods again until she was 14.

56:57 Pesticides, herbicides baby bottles also have petrochemicals

57:17 Babies sucking bottles and pacifiers and then swallowing petrochemicals or taking it right into blood stream from membranes in mouth.

Xeno hormones are found in:

oral contraceptives and synthetic hormone replacement therapies.  
cattle that are fed hormones to make them mature faster so they will produce milk sooner.

Pesticides, herbicides, and fungicides

plastic bottles

Styrofoam cups

[cosmetics](#) <sup>[23]</sup>

Emulsifiers found in soaps and cosmetics

[fingernail polish](#) <sup>[24]</sup>

fingernail polish remover

[home building materials](#) <sup>[25]</sup>

adhesives

cleaning supplies

car exhaust

Industrial wastes can contaminate drinking water

chlorinated or fluoridated water

bleach from coffee filters, paper, napkins, toilet tissue, tampons (coffee filters contain dioxin.)

## 59:03 **Effects on women**

[obesity](#) <sup>[26]</sup>

heart disease

adult onset type 2 diabetes

uterine damage

fibroids

endometriosis

cystic [ovaries](#) <sup>[27]</sup>

Increase in reproductive-site [cancers](#) <sup>[28]</sup> ([breast](#) <sup>[29]</sup>, uterine, & ovarian)

estrogen dominance

shorten the "reproductive lifespan" of females

"gender-bender" effect

leaky gut

a negative effect on the thyroid hormone. Too high or too low thyroid hormone levels can impair fertility.

autoimmune diseases because it weakens the immune system

affects the reproductive development tract and prevents the embryo from attaching to the uterus for further development.

miscarriages

1:01:01 Gender bender, girls aggressive like boys, boys growing breasts and people with gay tendencies. [Five and eight year old girls maturing too quickly and growing breasts](#) <sup>[30]</sup>.

1:03:17 BPA in dental sealants

1:03:50 In bottles, formula cans

1:04:09 electronics, receipts, CDs



1:04:17 BPA first discovered to have estrogenic affects was when men were growing breasts after working with plastics.

## Effects on men

Testicular Dysgenesis Syndrome

obesity

Heart disease

Diabetes type 2, adult onset

erectile dysfunction

[breast](#) <sup>[31]</sup> and prostate cancer

400 percent increased risk of reduced sperm

1:06:25 Citrus oils not only work on fat, but on getting cholesterol out of capillaries. Better circulation to penis helps with erection.

1:06:53 With so much toxicity, is it the woman or the man who is sterile, or both now-a-days?

1:07:07 BPA shows up in the urine of 93% of Americans and in the urine of 90 % of all newborns.

1:07:14 BPA shows up in the cord blood of 90% of babies.

1:07:24 EPA wants to recall BPA. Some companies are not waiting for the FDA to ban BPA from products because they are afraid that parents will sue over the changes that are happening to their children.

1:08:36 It was predicted in the 50s that this would happen.

1:09:00 [Different Bodies, Different Diets by Carolyn Mein](#) <sup>[32]</sup> tells you what to eat for your body type. I am a liver type. Know your type so you don't put more fat on your body where toxins can attach.

1:11:39 Both books to buy: [Different Bodies, Different Diets by Carolyn Mein](#) <sup>[32]</sup> and [Inner Transformations Using Essential Oils](#) <sup>[20]</sup> .

## 1:11:56 Petrochemical Weight Loss Recipe

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1:12:12 You may want to start on Friday so that these diuretics flush out over the weekend most of the water you are holding when you can have your sleep interrupted with bathroom trips.

## Get your Weight Loss Products NOW! (CitrusFresh, Grapefruit, and Ledum)

**Buy Now**

Or contact Chelsea Gary at [cgary@shoame.com](mailto:cgary@shoame.com)

PH: (615) 719-7879 (U.S.) or 090445784 (Ecuador)

Skype: "mireyagary" | YL Member ID: 1242408

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URLs in this post:

- [1] I only had to do this protocol once: <http://www.oil-testimonials.com/essential-oils/705>
- [2] Image: <http://www.stumbleupon.com/su/1mC74m/www.organicauthority.com/delicious-beauty/8-unbeautiful-ingredients-in-your-beauty-products.html>
- [3] Citrus Fresh: <http://www.youngliving.com/essential-oil-blends/Citrus-Fresh>
- [4] Ledum: <http://www.youngliving.com/essential-oils/Ledum>
- [5] Grapefruit: <http://www.youngliving.com/essential-oils/Grapefruit>
- [6] OO capsules: <http://www.youngliving.com/accessories/Vegetable-Capsules>
- [7] here: <http://tiffanyrowan.com/essentialoils/purchase-products/>
- [8] Dr. Pepper has 39 grams of sugar:  
[http://www.youtube.com/watch?v=yKZ2ZqBYIrl&feature=player\\_embedded](http://www.youtube.com/watch?v=yKZ2ZqBYIrl&feature=player_embedded)
- [9] Splenda: <http://www.truthaboutsplenda.com/index.html>
- [10] aspartame: <http://www.dorway.com/92symptomsfotocopy.html>
- [11] Artificial sweeteners inhibit serotonin: <http://dorway.com/aspartame-the-bad-news-repost/aspartame-the-toxic-sludge/>
- [12] Sleep Essence: <http://www.youngliving.com/natural-health-supplements/SleepEssence>
- [13] Super Cal,: <http://www.youngliving.com/calcium-supplements/Super-Cal>
- [14] JuvaCleanse: <http://www.youngliving.com/essential-oil-blends/Juva-Cleanse>
- [15] Lemon : <http://www.youngliving.com/essential-oils/Lemon>
- [16] Tangerine: <http://www.youngliving.com/essential-oils/Tangerine>
- [17] Orange: <http://www.youngliving.com/essential-oils/Orange>
- [18] if you get essential oil in eye: <http://tiffanyrowan.com/essentialoils/first-aid/what-do-i-do-if-i-get-essential-oil-in-my-eye/>
- [19] phototoxic: <http://tiffanyrowan.com/essentialoils/essential-oils/faqs-about-essential-oil-phototoxicity/>
- [20] Inner Transformations Using Essential Oils:  
[http://www.abundanthealth4u.com/Book\\_Inner\\_Transformations\\_p/8968.htm](http://www.abundanthealth4u.com/Book_Inner_Transformations_p/8968.htm)

- [21] cows' milk: <http://www.dailymail.co.uk/sciencetech/article-2012050/The-cocktail-20-chemicals-glass-milk.html>
- [22] milk: <http://www.ncbi.nlm.nih.gov/pubmed/21469656>
- [23] cosmetics: [http://www.ewg.org/files/nottoopretty\\_final.pdf](http://www.ewg.org/files/nottoopretty_final.pdf)
- [24] fingernail polish: <http://www.safecosmetics.org/>
- [25] home building materials: <http://www.globalhealingcenter.com/natural-health/formaldehyde/>
- [26] obesity: <http://onlinelibrary.wiley.com/doi/10.1111/j.1467-789X.2011.00871.x/abstract>
- [27] ovaries: <http://www.naturalnews.com/ovaries.html>
- [28] cancers: <http://www.pharmalot.com/2011/04/antidepressants-breast-cancer-industry-studies/>
- [29] breast: <http://www.breastcancerfund.org/>
- [30] Five and eight year old girls maturing too quickly and growing breasts:  
[http://preventdisease.com/news/11/060211\\_toxic\\_overload\\_puberty.shtml](http://preventdisease.com/news/11/060211_toxic_overload_puberty.shtml)
- [31] breast: <http://envirocancer.cornell.edu/research/endocrine/videos/makeup.cfm#parabens>
- [32] Different Bodies, Different Diets by Carolyn Mein:  
<http://www.lifesciencepublishers.com/shopexd.asp?id=305&bc=no>