

DAILY CHECKLIST - TO HELP RELIEVE ACHES AND DISCOMFORTS

DAILY WATER INTAKE: TICK EACH DROP PER 8OZ GLASS OF WATER



IN THE MORNING

- Put 2 drops of Frankincense and/or Copaiba under the tongue
- Rub roller bottles and/or Deep Blue Rub over areas of concern
- Take 2 of each of the Lifelong Vitality Supplements and 1 Polyphenol Complex with breakfast

AT LUNCH TIME

- Rub roller bottles and/or Deep Blue Rub over areas of concern
- Take 2 of each of the Lifelong Vitality Supplements with lunch

AT DINNER TIME

- Rub roller bottles and/or Deep Blue Rub over areas of concern
- Take 1 Polyphenol Complex with dinner

BEFORE BED

- Rub roller bottles and/or Deep Blue Rub over areas of concern
- Rub a calming oil on your temples, back of neck, under ears and wrists
- Diffuse 4-6 drops of a calming oil in your bedroom
- Add Soothing Blend: 4 drops of Lavender + 4 drops of Roman Chamomile + 4 drops of Cedarwood + 3 drops of Lemongrass (or similar recipe with favourite pain relief oils) to 1 cup of Epsom Salts and sprinkle in a warm bath

ADDITIONAL NOTES

- Integrate appropriate exercise into the day
- Try to eat as much plant based whole food as possible and reduce inflammatory food
- Don't use the Deep Blue Rub straight after coming out of the bath/shower

YOU'LL NEVER CHANGE YOUR LIFE UNTIL YOU CHANGE SOMETHING YOU DO DAILY. THE SECRET OF YOUR SUCCESS IS FOUND IN YOUR DAILY ROUTINE. JOHN C. MAXWELL