

# DAILY CHECKLIST

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



## IN THE MORNING

- Roll immune support oil/roller bottle of choice on bottoms of feet
- Diffuse 4-6 drops in diffuser of immune supporting oil/s - keep diffusing throughout the day
- Put 1 drop of On Guard on tongue (every 4-6 hours for up to 3 weeks)

## ADDITIONAL SUPPORT

- ADD A DROP OF PEPPERMINT TO HANDS AND CUP OVER MOUTH AND NOSE AND BREATHE IN AND OUT FOR A MINUTE
- DRINK WARM DRINK - 2 DROPS LEMON, ON GUARD AND COPAIBA
- ADD A FEW DROPS OF BREATHE, EUCALYPTUS TO A NASAL SPRAY
- CREATE A STEAM FACIAL WITH OILS TO HELP CLEAR AIRWAYS
- SUCK ON ON GUARD, BREATHE OR GINGER THROAT DROPS

## CHILDREN

- TAKE PB ASSIT (CAN ADD TO SMOOTHIE) AND A2Z MULTI-VIATMINS
- ROLL IMMUNE SUPPORT OILS ON BOTTOM OF FEET MORNING AND BEFORE BED AND PUT SOCKS ON
- DIFFUSE OILS THROUGHOUT THE DAY - 2-3 DROPS OF OILS IN THE BEDROOM
- UNDER 6 - CAN TAKE ON GUARD BEADLET ONCE A DAY. 6+ CAN TAKE 1 ON GUARD SOFT GEL A DAY. TEENAGERS CAN TAKE 1-2 SOFT GELS A DAY. ADULTS 2 TO 3
- RUB BREATHE VAPOUR STICK ON CHEST AND UPPER BACK MORNING AND EVENING

## BEFORE BED

- ADD 4-5 DROPS OF IMMUNE SUPPORT OIL/S TO A HANDFUL OF EPSOM SALTS IN BATH
- ROLL IMMUNE SUPPORT OIL/ROLLER BOTTLE OF CHOICE ON BOTTOMS OF FEET AND AROUND THROAT/NECK AREA
- GARGLE 1 DROP OF ON GUARD IN A LITTLE WATER FOR A MINUTE AND THEN SWALLOW

## ADDITIONAL NOTES

- CLEAN WITH ON GUARD PRODUCTS
- 30 MINUTES EXERCISE TO SUPPORT LYMPHATIC SYSTEM
- GET PLENTY OF SLEEP AND REST, REDUCE STRESS
- USE ON GUARD HAND WASH AND PURIFYING MIST TO WASH AND CLEANSE HANDS THROUGHOUT THE DAY
- IDEAL - TAKE LLV SUPPLEMENTS, TERRAZYME AND PB ASSIST DAILY FOR MICRONUTRIENT DEFICIENCY
- ADD A COUPLE OF DROPS OF ON GUARD TO THE INSIDE OF FACE MASK WORN

**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**