
DAILY HEALTHY HABITS

Start by focussing on 3 habits, add on, expand, and layer every week!

MORNING

- 1-2 drops of Adaptiv or Frankincense to hands, inhale, rub on back of neck
- Bathroom self-care routine, add in the oils!
- Drink 1 glass of water (add lemon eo)
- 1-2 cups of greens / veg / Green Smoothie
- Supplements (life long vitality)
- Diffuse Lemon & Peppermint to energize and focus

DAYTIME

- Add lemon (lime, wild orange) to water throughout day
- Balanced lunch (1/2 veg, 1/4 protein, 1/4 fibre)
- Supplements with lunch or afternoon snack
- Sweat 20min+
- Apply Deep Blue Rub or Peppermint after exercise
- Diffuse essential oils based on mood or tasks or what's needed (Lemon, Adaptiv, Frankincense)

EVENING

- Balanced dinner
 - Water with lemon
 - Diffuse lavender & easy air before bed
 - Shower or bath
 - Power down electronics 1 hour before bed
 - Wind down routine
 - 1 drop Copaiba & Frankincense under tongue
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DAILY SUPPLEMENTS FOR HEALTH

The reality is that in order to fully support your body, it's processes, healthy function, we need more then just what our food is providing....

DAILY DOSE OF LIFELONG VITALITY

Designed to be the perfect complement to a balanced, whole food diet with the nutritional equivalent of 12 servings of fruit + veggies in every serving.

Those who supplement their normal diet with LifelongVitality (LLV) may experience significant improvements in several biomarkers of cardiovascular health, antioxidant status, inflammation levels, and blood glucose regulation. They also reported improved subjective measures of well-being, such as mental clarity, energy, motivation, and overall happiness.

DIGESTIVE ENZYME: TERRAZYME

Take 1 capsule with meals that are mostly raw fruits and vegetables. Take 2-3 capsules if your meal is mostly cooked or processed, to make sure the food nutrients get properly absorbed in the GI tract. Supports healthy digestion & metabolism of enzyme-deficient, processed foods. Supports conversion of food nutrients to cellular energy. Promotes gastrointestinal comfort and food tolerance. Supports healthy production of metabolic enzymes. Proprietary blend of 10 active whole-food enzymes that help your body digest fats, complex carbs, sugars, fiber & proteins.

EVENING

- ♥ Promotes a positive balance and proliferation of beneficial bacteria
 - ♥ Maintains healthy intestinal microflora balance
 - ♥ Supports healthy functioning of the digestive and immune systems
 - ♥ Supports the health of the GI tract, particularly the intestines and colon
 - ♥ Helps support optimal metabolism and absorption of food
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DAILY NUTRITION SIMPLIFIED

EVERY MEAL / SNACK SHOULD CONSIST OF

Vegetables (low sugar), Protein, Healthy Fat, Fibrous starch

HYDRATION & ZERO CALORIE BEVERAGES

Water, water, water! We cannot stress enough the importance of being hydrated. Black coffee, Black tea and herbal tea, Sparkling water or seltzer, are also ok.

Ditch the pop that's filled with either sugar or artificial ingredients. Pass on the booze and keep your "fancy" coffee drinks simple.

ADD A GREEN SMOOTHIE OR RAW VEGGIES

A green smoothie is a power-packed, delicious drink that consists of a mix of greens and other foods blended together to fuel your body with vitamins, minerals, antioxidants, amino acids, omega-3's, healthy fats, phytonutrients, and proteins.

Benefits: More vitamins, minerals, nutrients. More fibre, better skin, decreased need for medicine. There is so much variety!

SWAP OUT THE WHITE STUFF

SUGAR! White flour, white rice (fibre is taken out) are the 3 big ones to skip! Instead, add in WHOLE GRAINS: Foods found in nature, like brown rice, quinoa, amaranth, spelt, rye, steel cut oats, millet

DITCH THE DAIRY FOR 7 DAYS

No milk, cream, cheese, yogurt, ice cream, kefir, cottage cheese, or whey or casein temporarily to see how you feel & look. Dairy causes inflammation in MANY people. About 70% of our population is actually lactose intolerant!