

Other Immunity

TIPS & A PROTOCOL

DAILY ROLLER

FLOOT's More Assertive Sister



Combine 5 drops of each: On Guard®, Frankincense, Melissa, Lemon, Tea Tree, and Copaiba in a 10mL roller and top with Fractionated Coconut Oil. Roll up and down spine, on bottom of feet, and on pulse points 2-3x a day.

DIFFUSE



Diffuse throughout the day Wild Orange and On Guard®, Peppermint and On Guard®, or Lemon and Copaiba.

TAKE INTERNALLY



Take Lifelong Vitality Supplements as directed, typically with breakfast and lunch. Take 1 On Guard® Softgel with breakfast, and take 1 capsule of one drop each Copaiba, Tangerine, Black Pepper, & Frankincense with lunch.

LIFESTYLE



Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables. Wash hands and use hand sanitizer frequently. Manage stress with Adaptiv®, Balance®, and Serenity®. Exercise or take a brisk walk for 15-20 minutes 3-5 times a week.

Crystals - Black Tourmaline & Carnelian worn or in your pocket
Additional Immunity Go To's - Genestra Berberis & Ener-C as needed

FREE 1 Hour Immunity & Wellness Consult with Deborah. Book Your Appointment Today!