

30 DAYS to a healthier you!



Real change doesn't come from doing everything perfectly. It comes from showing up consistently with small choices that add up.

Managing Stress for Better Health



TRY ADAPTIV™

- The moment tension builds your mind starts racing.
- It's calming and uplifting without making you drowsy.
- Just helps you feel more balanced.

We can't avoid stress completely, but we can manage it better.

DAILY Diffusing

Match your oil to your day:



Need to power through your to-do list? Try **Motivate™**

Want to unwind and feel calm? Reach for **Adaptiv™** or **Peace®**

Frankincense Under the Tongue



Simple morning routine: Brush your teeth, grab your Frankincense.

Put 1-2 drops under your tongue and you're done.

This small habit supports your body at a cellular level and helps promote emotional balance throughout the day.

Natural Sleep Support

Quality sleep is essential for your health, mood, and overall well-being.



MY NIGHTTIME ROUTINE:

About 20 minutes before bed, take one Serenity® softgel and one Copaiba softgel. They help quiet your mind without leaving you groggy in the morning. That's the win we're all looking for.

Make the swap!



Start with **On Guard® Cleaning Concentrate**

This is the ultimate non-toxic cleaner. You can use it for practically everything:

- Multi-purpose spray
- Bathroom cleaner
- Dishwashing
- Carpets and floors
- Tough jobs around the house

Dry Brushing

It's a simple practice where you use a natural-fiber brush to exfoliate your skin in a specific pattern before showering.

- **Stimulates** the lymphatic system
- **Exfoliates** dead skin
- Helps your body **release toxins**
- **Increases circulation** and energy
- May help **reduce the appearance of cellulite**



Foundation of Wellness



It Supports: Antioxidant and DNA protection, energy metabolism, bone health, immune function, healthy hair, skin, nails, and an overall feeling of wellness and vitality.

Drink Your Water

We all know water is important, but let's talk about why it actually matters. Proper hydration supports clear skin, healthy digestion, and can even curb unnecessary snacking.

The goal? Aim for half your body weight in ounces each day. So if you weigh 150 pounds, that's 75 ounces of water.

Get Moving

WITH MOTIVATE®

This **encouraging blend** combines citrus and mint essential oils to give you an uplifting boost when you need to get moving but don't feel like it.



WHEN TO USE IT:

- Before a workout or sporting event
- When tackling a big project
- First thing in the morning to start your day strong