



Digestive Support PROTOCOL

IMPROVE DIGESTION BY FOLLOWING THESE STEPS.
ALLOW 1-3 WEEKS OF COMMITTED PRACTICE TO SEE RESULTS.

DAILY ROLLER



Combine 10 drops of each: DigestZen®, Lemon, & Peppermint in a 10mL roller and top with Fractionated Coconut Oil. Roll around belly button as often as needed.

DIFFUSE



Diffuse Peppermint and Wild Orange throughout the day for soothing and rejuvenating effects.

TAKE INTERNALLY



Take Lifelong Vitality Supplements as directed, typically with breakfast and lunch. Take 1-2 TerraZyme® with each meal and 1-2 Peppermint softgels 30 minutes before eating. Put a drop of DigestZen® under tongue to soothe upset stomach as it arises.

LIFESTYLE



Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables. Consider eliminating gluten & dairy. Exercise or take a brisk walk 10-15 minutes 3-5 times a week to regulate digestion. Use Deep Blue® Rub for sore muscles and Motivate® to get out the door. Drink half your body weight in ounces of water daily.

TRACK YOUR PROGRESS

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