

DAILY HEALTH HABIT GUIDE



SELF CARE

- ◆ dōTERRA On Guard® *Diffuse dōTERRA On Guard® or take one dōTERRA On Guard®+ Softgel in the evening*
- ◆ Frankincense *Apply 1 drop of Frankincense under your tongue in the morning*

When taken internally, Frankincense and dōTERRA On Guard® support healthy immune function, healthy respiratory function, healthy cellular function, healthy nervous and digestive function, support the body's natural antioxidant defenses, and promote healthy circulation.*



TOXICITY

- ◆ Lemon *Add one drop of Lemon (or your favorite citrus oil) to your water in the afternoon*

Lemon essential oil, when added to water and taken internally, will provide cleansing and digestive benefits and support healthy respiratory function.*



REST & STRESS

- ◆ Lavender® *Apply Lavender to the bottom of feet and diffuse to promote a calming and relaxing atmosphere before bedtime*
- ◆ dōTERRA Balance® *Apply 1-2 drops of dōTERRA Balance® to the bottom of feet when you awake in the morning*

Two of the most grounding and relaxing oils that dōTERRA offers, Lavender and dōTERRA Balance® include many essential ingredients to start and end your day right. Adding dōTERRA Balance® to your feet in the morning will help ease anxious feelings, evoke feelings of tranquility, and promote a whole-body sense of relaxation. Diffusing and adding Lavender to feet before bedtime will lessen feelings of tension, calm emotions, and promote a relaxing and restful sleeping environment, making Lavender the perfect oil to use at the end of a long day.



EXERCISE

- ◆ Deep Blue® Rub *Apply after strenuous activity in the afternoon (or when needed)*

Massage Deep Blue® Rub into lower back after a day of heavy lifting at work or during a move; rub into fingers, hands, arms, shoulders, and neck after spending long hours at the computer; or massage into problem areas for soothing comfort after exercising.



EAT RIGHT

- ◆ dōTERRA Lifelong Vitality Pack® *Take 2-4 capsules with morning, afternoon, or evening meals*
- ◆ DigestZen TerraZyme® *Take one capsule with morning, afternoon, and evening meals*
- ◆ PB Assist®+ *Take one capsule with morning meal*

Taking these supplements every day will support the health of the intestines and colon, support healthy production of metabolic enzymes, support conversion of food nutrients to cellular energy, promote mental clarity and brain function, support healthy cellular immune function, and promote healthy digestion, healthy joint function, healthy skin and heart health.

DR. HILL'S Daily Oil Recommendation

FOR HEALTHY EMPOWERED LIVING

MORNING



Apply 1-2 drops of dōTERRA Balance® to the bottom of your feet when you awake.



Apply 1 drop of Frankincense under your tongue.



Take dōTERRA Lifelong Vitality Pack®, 1 PB Assist®+ and TerraZyme® with your morning meal.

AFTERNOON



Use a citrus oil in your water throughout the day.



Take TerraZyme® with your afternoon meal.



Apply Deep Blue® Rub after strenuous activity in the afternoon (or when needed).

EVENING



Take dōTERRA Lifelong Vitality Pack® and TerraZyme® with your evening meal.



Diffuse dōTERRA On Guard®, add a drop under your tongue, or take a dōTERRA On Guard®+ Softgel.

BEDTIME



Diffuse your favorite oil for relaxation.



Apply dōTERRA Serenity®, Cedarwood, or Lavender to the bottom of your feet before sleep.

*Health Recommendations may be adjusted to meet your personal needs. Some products listed above are not included in the Daily Health Habits kit, but are given as additional suggestions to supplement your daily health.

dōTERRA®

