



Kristen Pardue How Can I Improve My Gut Health?

What are the two areas that everyone can optimize to improve their gut health?

1. _____
2. _____

What is the four “R” program?

- R _____
- R _____
- R _____
- R _____

Which two dōTERRA products does Kristen recommend for establishing and maintaining a healthy gut?

- _____
- _____

What are Kristen’s favorite oils for digestive support and wellness?

Notes:
