

Wellness Occurs At a Cellular Level

Dr. Hill

Daily

Citrus – 10-15 drops a day in water

Lemon, Wild Orange, or Grapefruit

- natural detoxifier
- aids in eliminating heavy metals
- stress reduction

Calming – 1-2 drops nightly on bottom of feet or use in AromaTouch hand technique

Lavendar, Rosemary, or this blend:

- mix for roller bottle
 - 15 drops R. Chamomile
 - 20 drops Bergamot
 - 25 drops Frankincense
- aids sleeplessness
- antidepressant

Balance – 2-3 drops on bottom of feet

- antidepressant
- regulates women's hormones
- repairs wear and tear on central nervous system

Frankincense – 2-3 drops under tongue twice a day and topically on back of neck

- decrease anxiety
- improve circulation
- reduce chronic inflammation
- reduce joint pain
- protects cells

LifeLong Vitality Supplements – take as directed.

- supplies body with antioxidants
- stimulates proper metabolic function
- natural fatty acids
- everyday vitamins & minerals
- heart health
- digestive aid
- anti-inflammatory
- boosts energy
- addresses chronic pain

On Guard – 2-3 drops along spine and then bottom of feet

- stabilize immune system
- diffuse to eliminate germs

Detox – 10-15 drops Zendocrine Oil Blend in a gel capsule with meal

- supports healthy cleansing and filtering functions of the liver, kidney, lungs & skin

Terrazyme – 1-3 with every meal

- supports healthy digestion of food nutrients
- aids in conversion of nutrients to energy

Coriander – 1-2 drops on bottom of feet twice a week

- regulates blood sugar
- aids in eliminating heavy metals

Monthly

GX Assist – 1 per dose, 3x per day for 10 days

- clears candida
- cleanses intestinal tract

PB Assist – 3x per day for 5 days

- restores probiotics to intestinal tract

Quarterly

Zendocrine Capsules as directed

- Supports normal self-detoxification functions of the cleansing organs

Guide to Emotional Wellness

