

DR. HILL DAILY HEALTH HABIT ROUTINE

HERE'S WHAT A TYPICAL DAY SHOULD LOOK LIKE
DURING THIS CHALLENGE:

MORNING:

APPLY 1-2 DROPS OF BALANCE TO THE BOTTOM OF
YOUR FEET WHEN YOU WAKE UP.

APPLY 1 DROP OF FRANKINCENSE UNDER YOUR
TONGUE.

WITH BREAKFAST, TAKE ONE TERRAZYME®, ONE PB
ASSIST®, AND DOTERRA LIFELONG VITALITY

AFTERNOON:

USE A CITRUS OIL IN YOUR WATER THROUGHOUT
THE DAY. DR. HILL SUGGESTS LEMON, TANGERINE,
OR GRAPEFRUIT.

WITH LUNCH, TAKE ONE TERRAZYME.

APPLY DEEP BLUE® RUB AFTER STRENOUS ACTIVITY
IN THE AFTERNOON (OR WHEN NEEDED).

EVENING:

DIFFUSE DOTERRA ON GUARD®, ADD ONE DROP
UNDER YOUR TONGUE, OR TAKE A DOTERRA ON
GUARD® SOFTGEL.

WITH DINNER, TAKE ONE TERRAZYME AND DOTERRA
LIFELONG VITALITY

BEDTIME:

DIFFUSE YOUR FAVORITE OIL FOR RELAXATION OR
APPLY TO THE BOTTOM OF YOUR FEET. WE SUGGEST
LAVENDER OR DOTERRA SERENITY®.

ORDER YOUR DAILY HEALTH
HABIT KIT
BEFORE APRIL 15, 2019
TO EARN PRIZES

