

HEALTHY HABITS

B I N G O

prayer or meditation	go to bed earlier	drink 2oz Ningxia	take Master Formula	take Super C
make an oil capsule	move your body for 30 min.	add a drop of Frankincense to your head	take an epsom salt bath with oils	apply peppermint before a workout
take 3 deep breaths when stressed	make a Ningxia Mocktail	FREE SPACE	make a wellness roller	apply endoflex over your thyroid
make a Thieves tea	prayer or meditation	add vitality drops to your water	make a perfume roller and apply	drink Nitro
fill your diffuser before bed	drink a Ningxia Zyng	take Life 9 at bedtime	start your morning with water	add Mindwise to your Ningxia

*Ningxia Mocktail Recipe: 2oz Ningxia Red, 1 Nitro, 1 can Ningxia Zyng.