

30 Days to Natural Wellness

A successful switch to natural wellness begins by taking one step at a time. This does not need to be overwhelming, nor does it happen overnight. Some people choose to make the switch immediately and eliminate all the yuck in one fell swoop. But this is not how most get started. Use this page to track your thoughts on the topics we will share over the next 30 Day.



Three components of this challenge

Read
Daily Topics



Comment and
provide input to
others in the group



Join the Live Calls on
Sunday at 7:00 PM CST



30 Days to Natural Wellness Group Page: <https://getoiling.com/SpOilYourselfCanada/members/vaults/3218>



Topic		Your thoughts and questions for the live call on Sunday!
<input type="checkbox"/>	Welcome	Which one are you when it comes to toxin-free living? #1, #2, #3, #4, #5
<input type="checkbox"/>	My Story	Write your 'before' story now!
<input type="checkbox"/>	Toxin Free Living Survey	Top 3 priorities to switch to natural wellness
<input type="checkbox"/>	Toxic Ingred Part 1	
<input type="checkbox"/>	Toxic Ingred Part 2	
<input type="checkbox"/>	Greenwashing	
<input type="checkbox"/>	Simple Swaps	
<input type="checkbox"/>	Toxins in Water	
<input type="checkbox"/>	Dental Care	
<input type="checkbox"/>	Natural Dental Care	

<input type="checkbox"/>	The Immune System	
<input type="checkbox"/>	Immune Support & Massage & Chiropractic Care	
<input type="checkbox"/>	Immune Support & Supplements	
<input type="checkbox"/>	Immune Support & Oils	
<input type="checkbox"/>	Digestive System	
<input type="checkbox"/>	Digestive System Support	
<input type="checkbox"/>	The Endocrine System	
<input type="checkbox"/>	Stress & Adrenal Gland	
<input type="checkbox"/>	Dangers for Kids	
<input type="checkbox"/>	Brain Health Support	
<input type="checkbox"/>	Emotional Health	
<input type="checkbox"/>	Natural Emotional Support	
<input type="checkbox"/>	Myth of Baby Products	
<input type="checkbox"/>	Safe Baby Products	
<input type="checkbox"/>	Steps to Healthy Skin	
<input type="checkbox"/>	Safe, Beautiful Skin Care	
<input type="checkbox"/>	Getting Better Sleep	
<input type="checkbox"/>	Natural Sleep Support	
<input type="checkbox"/>	Getting Started	This is the most important step on your wellness journey. You will wish you started years ago!

Congratulations!! Make sure to reach out to the person who invited you to get started!