IMMUNE SUPPORT PLAN

MORNING ROUTINE

Put a drop of Frankincense on back of neck over brain stem.

Drink half your body weight in water. Put a drop of Lemon in 8 oz of water.

AFTERNOON ROUTINE

Put 3 drops of Thieves & 3 drops Lemon in diffuser for cleansing the air.

Put a drop of Lemon in 8 oz of water.

EVENING ROUTINE

Put 3 drops of Raven in the diffuser for easy breathing or apply 1 drop on chest & 2 on feet.

Put 1 drops of Thieves on the bottom of your feet before bed.

Put a drop of Frankincense on back of neck over brain stem.