



# Be a Wellness First Responder

## First Steps

1. Be prepared: order ahead of time so you have what you need on hand.
2. Post this info sheet where you will easily see it, so you won't forget it when you are not feeling well.
3. Begin self-care immediately upon noticing a wellness decline.

- **Emotional**

- What is stressing you? How can it be resolved?

- **Essential Oils**

- Put a drop of essential oil in your hand & cup your hands over your nose & mouth & breath in deeply. Rub extra oil on your neck, if desired. Apply frequently (hourly) for the rest of the day while not feeling well.

- **Water**

- Drink a 8oz of water an hour for the rest of the day & while not feeling well. This helps flush/cleanse your system. (Consider adding a drop of **Peppermint** to your water-don't use plastic)

- **NingXia**

- Drink an ounce of **NingXia Red** with a drop of **Thieves** in it, several times a day.

- **Epsom Salt Bath**

- Epsom Salt bath (2 cups of ES) & add several drops of **Lavender**. This draws the "yuck" out of the skin

- **REST!**

- **Prayer**

- Ask people to pray for you to get better

- **Eat to Speed Healing**

- Avoid all sugar, dairy, & junk food (these deplete your immune system)
- Eat lightly-mainly eat fruits & vegetables

- **Supplements**
  - One **Life 9** capsule at night before bed-helps support immune system
  - Two **Super Vitamin D** tablets daily with food-helps boost respiratory systems
  - One **Super C** tablet three times daily (can be taken in chewable or tablet form)-helps support overall wellness
  - One **Inner Defense** capsule three to five times daily as needed-promotes healthy respiratory function & immunity
  - One to two **Immune Pro** tablets at bedtime (do not exceed 2)-encourages restful sleep & immune function
- **Thieves**
  - If your throat is sore suck on **Thieves Cough Drops**
- **Raindrop Technique**
  - Have someone do the **Raindrop Technique** on you or do it on yourself (your feet)