



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.
 - Lavender & Lavender Vitality {eases occasional nervous tension, improves sleep quality, & contains cleansing & antioxidant properties}
 - Thieves & Thieves Vitality {cleansing to the digestive system, helps with general wellness support, contains antioxidant properties}
 - Melissa {overall support of wellness & calms tension}
 - Frankincense {enhances immune function, promotes relaxation, supports overall well-being}
 - Oregano & Oregano Vitality {cleans the air, provides immune support, has digestive-cleansing properties}
 - Lemon & Lemon Vitality {cleansing & overall immune support}
 - Cinnamon Bark & Cinnamon Bark Vitality {supports a healthy immune system & has antioxidant properties-is a hot oil so is best if diluted with a carrier oil}

- **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 Vitality** to your water-don't use plastic)

- **NingXia**

- Drink an ounce of **NingXia Red** with a drop of **Thieves Vitality** 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)