

Lymph Challenge

Daily Checklist

How am I feeling before starting? _____

Daily Check list Week 1	M	T	W	TH	F	S	SU
Apply Cel- Lite magic and Cypress combo to body daily							
Apply Citrus Fresh into lymph areas* at bedtime							
Dry Brush							
Take Multigreens (As directed)							
Hydrate! Drink your water!							
Detox Bath (3x week)							
Diaphragmatic Breathing							

*Lymph node areas = under arms, behind knees, groin, stomach and ankles

How am I feeling after Week 1? _____

Daily Check list Week 2	M	T	W	TH	F	S	SU
Apply Cel- Lite magic and Cypress combo to body daily							
Apply Citrus Fresh into lymph areas* at bedtime							
Dry Brush							
Take Multigreens (As directed)							
Hydrate! Drink your water!							
Detox Bath (3x week)							
Diaphragmatic Breathing							

*Lymph node areas = under arms, behind knees, groin, stomach and ankles

How am I feeling after Week 2? _____



#LYMPHCHALLENGE