



# Take THE 30/30 SPRING Clean-Cleanse CHALLENGE



 STARTS THU, March 8 2018 6 PM MT



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- March 8, 2018 ..... **Get Ready for Spring Cleanse:** Introduction to our 30-Day Challenge, tips to empower you to succeed
- March 15, 2018 ..... **Empowered Success:** Check in, Top 3 health concerns, review the wellness pyramid, support system a must
- March 22, 2018 ..... **Spring Cleaning**--Reduce toxin load by using essential oils to cleanse inside our homes and other indoor spaces
- March 29, 2018 ..... **Mid-term Empowered for Success:** Check in, essential oils to help motivate, manage moods, boost energy . . .
- April 5, 2018 ..... **Sprint to the Finish:** Check in, and essential oil spotlight featuring the doTERRA Product of the Month
- April 12, 2018 ..... **Wrap and Challenge Results:** final check in, strategies for lifestyle change, share your successes and challenges

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1. Before we get started, set aside some me-time to think about your personal wellness goals. Think about this Spring Clean-Cleanse Challenge as a way to refresh your home and to **cleanse and reboot** your Body and Mind--Reduce Toxic Load from the inside out!

2. Select or contemplate your internal cleanse challenge; two choices:

## Dr. Hill's 30-Day Essential Oil Wellness Protocol

Health and wellness  
makeover

A daily approach and guide to a healthier lifestyle. Developed by Dr. David K. Hill, DC, doTERRA chief medical officer, it is designed to improve **anyone's health and wellness.**

Intended for Everyone, Everyday!

Ask about our Wellness Protocol enrollment kit.

3. Join us for week-1, introduction to the challenge, March 8 -- get ready to think about your goals and Top 3 health concerns

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or

## doTERRA 30-Day Body Cleanse & Restore Plan

Activate-Reset-Renew  
with essential oils

A **gentle, no fasting, cleanse, detox, and restoration** protocol in three, 10-day phases.

Intended for use annually, quarterly, or as needed. Get ready to: Activate -- Set -- Renew!

Ask about our Body Cleanse & Restore enrollment kit.

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## SHOPPING - CHECKLIST

### doTERRA 30-Day Body Cleanse & Restore Plan

Activate-Reset-Renew

- Lemon** essential oil naturally cleanses the body and aids in digestion
- Lifelong Vitality** trio of supplement blending nutrients and powerful metabolic factors for optimal health, energy, and longevity
- TerraZyme** digestive enzymes
- GX Assist** essential oils an caprylic acid; help cleanse and support digestive system
- PB Assist +** 6 billion CFUs of 6 different strains of probiotics
- Zendocrine Complex**, a botanical blend to support liver, kidneys, colon, lungs, and skin
- Zendocrine**, a botanical blend to support the body's natural ability to rid itself of unwanted substances
- DDR Prime**, an essential oil blend to support cellular health, function and renewal

or

## SHOPPING - CHECKLIST

### Dr. Hill's 30-Day Essential Oil Wellness Protocol

Health and wellness  
makeover

#### ESSENTIAL OILS

- Balance** grounding blend
- Frankincense**
- Lemon**
- Copaiba**
- Citrus Bliss** invigorating blend
- Onguard** beadlets; 1/4 drop of our protective blend

#### SUPPLEMENTS & WELLNESS PRODUCTS

- Serenity** restful blend
- Serenity Restful Complex**
- Lifelong Vitality** trio of supplements
- PB Assist +**
- TerraZyme**

#### Other

- Diffuser - doTERRA offers the **Petal, Aromalite, Lotus,** or our new **Lumo**

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