

Take THE 30/30 SPRING Clean-Cleanse CHALLENGE

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

Health and wellness
makeover

CHART YOUR WEEKLY PROGRESS

7 DAY PROGRESS - Week beginning: _____

Morning Routine

2-3 drops **Balance** grounding blend to bottoms of feet

1 drop **Frankincense**, 1 drop **Copaiba** under tongue

1 **PB Assist +** probiotic, 1 **Terrazyme** digestive enzyme,
1 round (3 formulas*) **Lifelong Vitality** with breakfast

Drink water; see afternoon notes re: **Lemon** essential oil

Afternoon Routine

Diffuse, **Citrus Bliss** or other uplifting, invigorating
essential oil. Apply topically, other essential oils for
emotional support

1 round **Lifelong Vitality** and 1 **Terrazyme** with lunch

Drink water:

1 drop **Lemon** essential oil per every 4 oz. water--
substitute with your tangerine, wild orange, grapefruit,
or other citrus essential oil or **Slim & Sassy** metabolic
blend if weight loss is one of your goals (can also take 1
Slim & Sassy soft gel).

Evening Routine

1 round **Lifelong Vitality** and 1 **Terrazyme** with dinner

Take 1 **OnGuard** beadlets under the tongue or diffuse
OnGuard protective blend to keep your immune system
topnotch!

Diffuse **Serenity** restful blend, Cedarwood, or your
favorite essential oil for relaxation

Take 1-2 **Serenity** softgels 30 min. before sleep

Apply 1-2 drops Serenity or favorite essential oil for
relaxation on bottoms of feet at bedtime

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
2-3 drops Balance grounding blend to bottoms of feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 drop Frankincense , 1 drop Copaiba under tongue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 PB Assist + probiotic, 1 Terrazyme digestive enzyme, 1 round (3 formulas*) Lifelong Vitality with breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water; see afternoon notes re: Lemon essential oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diffuse, Citrus Bliss or other uplifting, invigorating essential oil. Apply topically, other essential oils for emotional support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 round Lifelong Vitality and 1 Terrazyme with lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water:							
1 drop Lemon essential oil per every 4 oz. water-- substitute with your tangerine, wild orange, grapefruit, or other citrus essential oil or Slim & Sassy metabolic blend if weight loss is one of your goals (can also take 1 Slim & Sassy soft gel).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 round Lifelong Vitality and 1 Terrazyme with dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take 1 OnGuard beadlets under the tongue or diffuse OnGuard protective blend to keep your immune system topnotch!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diffuse Serenity restful blend, Cedarwood, or your favorite essential oil for relaxation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take 1-2 Serenity softgels 30 min. before sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apply 1-2 drops Serenity or favorite essential oil for relaxation on bottoms of feet at bedtime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>