

Clean-Cleanse Journal



1. Drink plenty of water (recommended 1/2 of your body weight in oz.)



2. Exercise at least 3 times a week



3. Refrain from processed foods



4. Incorporate fresh fruits and vegetables



5. Avoid eating late



6. Choose natural cleaning and personal care products



7. Diffuse essential oils



8. Support your body's natural defensive functions by taking LLV Daily

Tips

Keep a journal to track progress, note both challenges and successes, recognize mood shifts

Find or team with an accountability partner

Start a vision board or post inspirational quotes and notes

Use essential oils for emotional support: motivate, encourage, invigorate or relax

Ditch the chemical cleaners in your home and office--replace with OnGuard cleaner concentrate and natural DIY solutions

Switch out chemical-laden bath, body, and beauty products--replace with natural, unscented options--check out doTERRA's DIY recipes and products for skin- and hair-care, spa, and bath and body

Use safe and natural products for sleep aids (Serenity), stimulants (Mito2Max), and for boosting metabolism (TrimShakes and Slim & Sassy products)

Get an extra nutritional boost (doTERRA LLV, Terragreens with leafy greens and super fruits, and other specialized wellness supplements)

Be a buddy and reach out to help others--count your blessings--be positive--reward yourself and celebrate