

# 7-day refresh yourself guide

## DAY 1: Drink more water

Drink at least half your body weight in ounces of water every day. Make your water more flavorful and energizing with a few squirts of YL Vitality Drops, which contain no artificial flavors and colors.



## DAY 2: Double up on veggies

Ditch inflammatory foods for more organic veggies. Make sure to wash them in Thieves Fruit & Veggie Soak!



## DAY 3: Start the day right

Wake up 30 minutes earlier than normal to meditate, connect, and align yourself before you start your day. Diffuse Frankincense and apply it to the back of your neck.



## DAY 4: Get at least eight hours of sleep

Give your body and mind the rest it needs. Diffuse Lavender and take 1-2 Sleep Essence capsules before bed.



## DAY 5: Nourish yourself

Give your body all the vitamins, minerals, and antioxidants it needs through a nutrient-rich diet and intentional supplementing. Take Master Formula, Life 9, and NingXia Red daily.



## DAY 6: Be grateful

Write down five things you are grateful for each day. Apply Gratitude essential oil blend to the back of your neck and on your wrists.



## DAY 7: Get moving

Get at least 30 minutes of exercise daily. Take NingXia Nitro before your workout to stay focused and motivated.



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