

Conference call for Wellness:

The two most important times a day to use basic essential oils and products.

They can energize your day physically, emotionally and mentally:

Years ago at the European Young Living Convention Gary Young gave a protocol to start the day. My husband Jim and I still follow it today.

After getting up, have a glass of purified water

Rub or roll *Valor* into both shoulders.

If you have a stuffy nose rub a drop of *Peppermint* into the roof of your mouth.

15 – 30 minutes later have *NingXia Red* with the essential oil added for the day

About 30 minutes after that if you can have a *PowerMeal* shake or protein breakfast. We take our vitamins like *True Source* with it.

During the day: Do whatever else you do beside the basic oils and products in the am and pm.

Enhance your sleep, stimulate the rejuvenating processes that occur at night, detox and more:

If you have the tendency to have acid reflux and burning in your throat at night or very bad breath and congestion in the morning, having *ICP* with *JuvaPower* before dinner and *Alkalime* one half hour before going to sleep can be very beneficial.

In case you have a history of constipation like I had years ago, 2-3 *Comfortone* with *Alkalime* assisted my body to get normal. I now have bowel movements even if I don't take anything.

Calcium taken at night is needed to help the heart muscle to rejuvenate as well as other tissue.

If you don't sleep well *SuperCal* is a balance of Calcium and Magnesium and could be a key for you to experience deep sleep. I use 2 *SuperCal* at night and *MegaCal* in my water during the day.

Our body is very busy at night and it is important to appease our body, mind and spirit before going to rest.

If you have pain, reduce it with the essential oils that work for you reducing the pain in a few minutes. To resolve emotional upset, rub *Joy* or *Valor* or any other emotional oil into your solar plexus area.

In case you have a hectic life and need more help to sleep, *SleepEssence* is one of our new, fabulous products. My friend, Bodil, uses SleepEssence after a long flight and she says I have hardly any difficulties to adjust to time change. She travels from Hawaii to Sweden frequently.