Here is a list of the goodies that I use in our home to keep us healthy:

What supplements do I take?

Daily

Synergy Company Vita-Min-Herb Women's Multivitamin

Synergy Company Pure Radiance C

Young Living's Ningxia Red

Young Living Super B Tablets

Young Living OmegaGize

Young Living SuperCal Plus

Young Living's Essentialzymes-4

Young Living's Life 9 Probiotics

Preschooler J takes Young Living's Ningxia Red and MightyVites, and Natren LifeStart Probiotics

When Needed

Young Living's Inner Defense Softgels

What soap and hand sanitizer do I use?

Thieves Foaming Hand Soap

DIY Foaming Hand Soap

Thieves Hand Sanitizer

What do I do when I can't get my mind to stop racing when it is time to rest?

I roll on my Young Living Tranquil Roll-On, and I get my diffuser going.

What do I use to make my immunity roller?

In my immunity rollers, I add 15 drops Thieves Essential Oil Blend, 10 drops Lemon Essential Oil, 8 drops Frankincense Essential Oil, and 5 drops Copaiba Essential Oil to a 15ml roller. Then I top off the roller with a carrier oil of choice. I typically use Avocado Oil because my daughter's sensitive skin does not react to it.

What do I diffuse if there is funk going around our house?

It really depends on what germs are in the air, but I mainly will diffuse Thieves, Lemon, Lime, and Peppermint as an overall great smelling immunity booster.

If there is a tummy bug or general nausea in the house, I diffuse AromaEase and Peppermint.

If there is congestion in the house, I diffuse Raven or RC, Lavender, Lemon, and Peppermint.

If you are not used to a routine, it can sound overwhelming, but don't let it! I have everything that I need located in spots throughout the house that are completely convenient for me.

Prevention is key when it comes to our health and wellness, but when something gets us down, being prepared is what keeps the consistency of using our products simple.