

Stay Well Kit

for the newly Away-From-Home
*Chicken Soup Not Included

Essential Oil Roller Bottles

WELLNESS: Germophobes unite. Roll on feet before bed and before heading out to class to boost immune system. (Thieves, Oregano)
BREATHE: Use for Respiratory support. Roll on chest during times of need and before exercise. (Raven)
HAPPY BELLY: Rub over belly during times of digestive distress (Digize)
SLEEPY: Roll on temples and wrists for a good night's sleep (Frankincense, Orange, Marjoram)
CALMING: Chill Out, Dude. Roll on back of neck (Peace & Calming)
FOCUS: Roll on back of neck to boost focus for study and before tests. (Cedarwood, Vetiver, Lavender)
FIX-IT: Roll on area of discomfort. (Pan-Away)

Supplements

Super C: Take 1 Daily or 2 to boost Immune System
Super B: Take 2 Daily with food or 4 during times of Stress
Master Formula: Take 1 packet Daily
Inner Defense: Take 3-5 daily to boost Immune System
Life-9 Take 1 daily (at opposite time of day as Inner Defense)
Thieves Cough Drops: Take as needed

**YOU'VE
GOT
THIS**

FIRST AID

- Band-Aids
- First Aid Salve
- Arnica Gel
- Arnica Tablets
- Ibuprofen
- Moleskin
- Splinter Kit

Remember: hydration, fresh air, exercise, good sleep and nutrition will make it so you rarely need this stuff. --Mom

- Herbs and Homeopathy**
- Immune Tincture:** Take 3 times daily during sickness or when immune boost is needed..
 - Mushroom Blend** take 3 daily during sickness or when immune boost is needed
 - Oscillococcinum:** Take at beginning of cold/flu symptoms
 - Calms Forte:** Take during times of stress or insomnia
 - Rescue Remedy:** Take a dropperful under tongue during tmes of stress