

Health Pillars

Get Adjusted
(Healthy Nervous System!)

Sleep Well

Exercise & Play

Eat Clean, Healthy Foods



Everyday "Boosters"

Whole Food Vitamin or Smoothie
Vitamin C & D
Omega 3s
Probiotics

Immune System Builders

Zinc
Vitamin A
Fermented Foods
Bone Broth
Fruits & Vegetables



Immune System Fighters

Ear Aches:
Essential Oils:
(Lavender, Peppermint, Wintergreen, Tea Tree)
Homeopathic Remedies:
(Aconite, Pulsatilla, Chamomilla)
Garlic and Mullein Ear Oil
Lymph Massage
Warm Compress and/or Steam Bath with Essential Oils

Fevers:
Essential Oils:
(Lavender, Peppermint, Wintergreen)
Homeopathic Remedies
(Belladonna and Bryonia)
Apple Cider Vinegar Compress or Bath (diluted)

Cough/Sinus/Congestion:
Essential Oils:
(Frankincense, Ravensara, Tea Tree, YL Thieves)
Elderberry
Humidifier and/or Neti Pot
Raw Local Honey

Sore Throat
Grapefruit Seed Extract Liquid
(mixed in water or juice)
Raw Local Honey
Colloidal Silver

Natural Antimicrobials
Oil of Oregano
Colloidal Silver
Garlic
Elderberry
Goldenseal