

## Dr. David K. Hill, DC

### Daily Recommendations (2017 dōTERRA International Convention)

#### Morning:

Apply 2-3 drops of **Balance** to the bottom of your feet when you wake.

1 drop of **Frankincense** under the tongue.

Take 1 **PB Assist** with breakfast.

Life Long Vitality supplements and 1 **Terrazyme** with morning meal.

#### Afternoon:

Diffuse or apply your favorite oil for mood management.

Take Life Long Vitality supplements and 1 **Terrazyme** with afternoon meal.

Use Citrus oil in water throughout the day.

#### Evening:

Take Life Long Vitality supplements and 1 **Terrazyme** with evening meal.

Diffuse **OnGuard** or take an **OnGuard Softgel**.

#### Bedtime:

Diffuse favorite oil for relaxation.

Take 2 **Serenity Softgels** 30 minutes before sleep.

Apply **Serenity** or **Cedarwood** to bottom of the feet.

INFO - to research each of these dōTERRA products:

[www.doterra.com](http://www.doterra.com)

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