

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
Bone Broth

Vitamin A
Fruits & Vegetables

Fermented Foods

Immune System Fighters

<p>Ear Aches: Essential Oils: (Lavender, Peppermint, Wintergreen, Tea Tree)</p> <p>Homeopathic Remedies: (Aconite, Pulsatilla, Chamomilla)</p> <p>Garlic and Mullein Ear Oil</p> <p>Lymph Massage</p> <p>Warm Compress and/or Steam Bath with Essential Oils</p>	<p>Fevers: Essential Oils: (Lavender, Peppermint, Wintergreen)</p> <p>Homeopathic Remedies (Belladonna and Bryonia)</p> <p>Apple Cider Vinegar Compress or Bath (diluted)</p>	<p>Cough/Sinus/Congestion: Essential Oils: (Frankincense, Ravensara, Tea Tree, YL Thieves)</p> <p>Elderberry</p> <p>Humidifier and/or Neti Pot</p> <p>Raw Local Honey</p>	<p>Sore Throat Grapefruit Seed Extract Liquid (mixed in water or juice)</p> <p>Raw Local Honey</p> <p>Colloidal Silver</p>	<p>Natural Antimicrobials Oil of Oregano</p> <p>Colloidal Silver</p> <p>Garlic</p> <p>Elderberry</p> <p>Goldenseal</p>
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Always seek the advice of your qualified health provider regarding any specific condition or health challenge.