

Living With Elevation Natural Health Center

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www.LivingWithElevation.com

Stay Healthy During School

- 1. Start the day with a good breakfast**
 - a. Smoothie
 - b. Eggs with vegetables
 - c. Chicken apple sausages
 - d. Homemade oatmeal (with no additives)
 - e. Fruit
- 2. Pack a lunch**
 - a. Sandwich with a sugar-free sourdough and fresh meat
 - b. Vegetables
 - c. Fruit
 - d. Nuts
- 3. Eat a healthy dinner**
 - a. Meat
 - b. Salad
- 4. Stay emotionally balanced**
 - a. Eat dinner as a family
 - b. Aromatherapy
 - c. Teach healthy life coping skills
- 5. Take a good probiotic daily**
 - a. PB Assist Jr
 - b. Country Doctor Herbals Bioflora
- 6. Use natural antibacterial products for body and cleaning**
 - a. Pinterest has many options for cleanser that can be made at home for little cost
 - b. www.EWG.org provides toxicity ratings on numerous household and skin products
 - c. On Guard hand sanitizer instead of Purell
- 7. Lymphatic drainage**
 - a. Fun, sweaty activity
 - b. Dry brushing
 - c. Massage
- 8. Use immune strengthening essential oils daily**
 - a. On Guard Protective Blend - Supports healthy immune and respiratory function, protects against environmental threats, and supports the body's natural antioxidant defenses
 - b. Melaleuca (tea tree) oil - Protects against environmental and seasonal threats
 - c. Eucalyptus oil – Has anti-viral properties and can be used for respiratory support
 - d. Frankincense oil – Supports healthy immune, nervous, and digestive function
 - e. Lemon oil - Naturally cleanses the body and aids in digestion
- 9. Keep herbal remedies designed for children on hand**
 - a. Kid-e-Mins - whole food vitamin & mineral supplement
 - b. Kid-e-Mune - immune formula
 - c. Kid-e-Soothe - blend of herbs to help support the immune system
 - d. Kid-e-Well - synergistic blend of herbs for the special needs of children during the winter season
- 10. 2-3 bowel movements daily**
- 11. Get plenty of rest**