



EVOLUTIONARY PRACTICE

Cleanse

Welcome to the Evolutionary Cleanse.

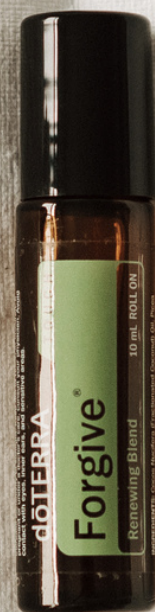
As we enter into a new season, uplevel your nutrition by making a ritual of your supplementation. With doTERRA's comprehensive Cleanse and Restore kit, along with a few invitations and inspirations from me, you'll shift into an experience of massive clarity and rituals that are non-negotiables for yourself ...

What you can expect and what is expected of you

- Up-level your environment for success, whether at home or on the road.*
- Establish routines that create an internal devotion and consistency, refining your external capacities.*
- You'll act in alignment with your highest good and intentions of optimal health and well-being.*

When my body, heart, mind, soul, and energy are aligned, I thrive.

How to get Started



STEP ONE:

Order your Cleanse and Restore Kit

This power kit is filled with the essentials to promote lifelong health.



STEP TWO:

Familiarize yourself with each product

STEP THREE:

Try DanaDamaraYoga.com

You may want to add yoga and meditation to your cleanse; it is a layer of who you are! It's free for the first two weeks! Click the link below to add yoga to your cleanse FOR 14 DAYS ON ME!



[JOIN HERE](#)

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

WHAT'S INCLUDED?

Cleanse & Restore Kit



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How to be

Successful

GET ORGANIZED

Get organized – organize your supplements

[PURCHASE HERE](#)

Get your supplement organizer here

Morning

RITUAL

- Maca + *On Guard* + *Copaiba* + *Probiotic* with a liter of water, first thing
- *Digest Zen*, Glutathione, *Zendocrine*
- Practice, Run, Walk – move your body
- Tea (*Lemon / Ginger* one drop each)
- Dry skin brushing before showering (use *Pink Pepper* and/or *Grapefruit* on the dry brush)



Afternoon

RITUAL

- Take computer breaks during the day
- Listen to high vibe music in the background
- Load up diffusers every day with oils that promote clarity/focus (*Rosemary/Fennel/Lemongrass*)
- Load up diffusers in your bedroom that will promote sleep at night (*Serenity/Vetiver*)

Evening

RITUAL

- Magnesium to aid sleep
- No screens at least 1 hour before bed
- Listen to 555+Mhz music prior to sleeping

PHASE 1 - Activate

PRODUCT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
LIFELONG VITALITY Take 2-4 capsules of each xEO Mega®, Microplex VMz®, and Alpha CRS+® per day with food based on your needs. Continue daily after cleanse completion.										
TERRAZYME 1 capsule on an empty stomach, morning and night, plus 1 capsule with lunch, and any anytime you know you're having a big meal. Continue daily after cleanse completion.										
GX ASSIST (Not used in this phase).										
PB ASSIST+ (Not used in this phase).										
ZENDOCRINE COMPLEX 1 capsule with AM and PM meals for a total of 2 capsules per day for 30 days.										
ZENDOCRINE 1 softgel with AM and PM meals for a total of 2 softgels per day for 10 days.										
DDR PRIME (Not used in this phase).										
LEMON OIL IN WATER 1 drop in 8 oz. of water 2-4 times per day. Continue daily after cleanse completion, 1-2 drops per day.										

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PHASE 2 - Reset

PRODUCT	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
LIFELONG VITALITY Take 2-4 capsules of each xEO Mega®, Microplex VMz®, and Alpha CRS+® per day with food based on your needs. Continue daily after cleanse completion.										
TERRAZYME 1 capsule on an empty stomach, morning and night, plus 1 capsule with lunch, and any anytime you know you're having a big meal. Continue daily after cleanse completion.										
GX ASSIST 1 softgel with PM meal for a total of 1 softgel per day for 10 days .										
PB ASSIST+ (Not used in this phase).										
ZENDOCRINE COMPLEX 1 capsule with AM and PM meals for a total of 2 capsules per day for 30 days.										
ZENDOCRINE (Not used in this phase).										
DDR PRIME (Not used in this phase).										
LEMON OIL IN WATER 1 drop in 8 oz. of water 2-4 times per day. Continue daily after cleanse completion, 1-2 drops per day.										

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PHASE 3 - Renew

PRODUCT	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
LIFELONG VITALITY Take 2-4 capsules of each xEO Mega®, Microplex VMz®, and Alpha CRS+® per day with food based on your needs. Continue daily after cleanse completion.										
TERRAZYME 1 capsule on an empty stomach, morning and night, plus 1 capsule with lunch, and any anytime you know you're having a big meal. Continue daily after cleanse completion.										
GX ASSIST (Not used in this phase).										
PB ASSIST+ 2 capsules with PM meals for a total of 2 capsules per day for 10 days, continue daily with 1 capsule after cleanse completion.										
ZENDOCRINE COMPLEX 1 capsule with AM and PM meals for a total of 2 capsules per day for 30 days.										
ZENDOCRINE (Not used in this phase).										
DDR PRIME 1 softgel with AM and PM meals for a total of 2 softgels per day for 10 days. Continue daily after the cleanse completion.										
LEMON OIL IN WATER 1 drop in 8 oz. of water 2-4 times per day. Continue daily after cleanse completion, 1-2 drops per day.										

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