



**5 EASY WAYS
TO STAY HEALTHY
THIS WINTER**

WELCOME!

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Welcome!

As a busy mom, wife and business woman, I know what it is like to be busy, not have enough time, stressed, tired, not feeling my best physically. I knew that if I wanted to change I had to change what I was doing.

During the winter months we experience the changes in weather, gets a bit more dark.. and many of us find ourselves wanting to go into hibernation because of the cold.

I wrote this guide for busy people like me that need simple ways to stay on top of our health during the winter season.

The tips I share are EASY.. and will make a HUGE impact in your life if implemented.

I am committed to helping you live a better tomorrow. Happy healthy and empowered!

- *Debbie Burns*



5 Ways



To Stay
Healthy

This
Winter





SLEEP

Sleep is one of the most important things you can do for your body and mind.

Night-time is when your body repairs itself. If you are not getting enough rest at night you are doing yourself a mass disservice.

Here are a few tips to keep yourself running at optimal!

- *Establish a bedtime routine

- *Turn off electronics an hour before sleep

- *Lower all the lights in your house-this signals to your body that it needs to get ready for rest

- *Get outside! Yes! Getting sunlight during the day helps regulate your bodies internal clock.

- *Use essential oils to help calm the mind and body.

Oils like Serenity and Lavender help settle the brain down.

Diffusing an oil like Breathe helps open airways for a better nights rest.



EXERCISE

Moving your body is crazy important to our everyday health and wellness.

Even just getting in a 15 minute walk everyday will help clear your mind and get your heart rate moving.

Here are some great benefits to getting in a brisk walk:

*Lift your mood

*Get your creative juices flowing

*Walking is nature's anti-aging cream. Moving your body keeps you looking young.

*Using an oil like Motivate helps get you moving even on the days when you don't want to.

*Deep blue has been an excellent resource for recovery of muscles when you over do it

*Is it cold where you live? Put a drop or two of black pepper on the bottom of your feet to warm you up!



IMMUNITY BOOST

The long, cold, dreary days of winter are breeding ground for germs!

So many experience the common cold to the flu and everything in between in the winter months.

Our houses become petri dishes in the cold winter months.

So how do you stay healthy when germs are abundant?

*Boost your immune system by using elderberry syrup! Elderberries mixed with honey and spices! What a great concoction to help build your immunity!

*Plenty of rest and exercise!

*Drink plenty of water! Water helps flush out toxins

*Diffuse an oil like Ongaard to help kill airborne pathogens.

*Take Ongaard internally to help support your immune system.

*Oils like oregano and lemon and melaleuca have all been shown to have anti-viral properties.



GET YOUR VITAMIN D!

Seasonal depression is a real thing. Getting sunlight on your face is a necessity to staying healthy and regulating your bodies internal clock.

Getting enough Vitamin D also known as the sunshine vitamin, also helps immune function and other body systems.

**If it's too cold out, stand by a window and let the sun hit your face for 15 minutes a day

*Eat good clean sources of vitamin D. Such as salmon or tuna or foods fortified with vitamin D.

*Use essential oils like lemon and bergamot to help lift your mood and fight seasonal depression.

STAY SOCIAL

During the cold winter months our schedules can become mundane. It gets dark earlier and we tend to hunker down and go into hibernation mode.

It's important to remain active in your social circles during the winter. Planning regular outings with friends helps us decompress. Releasing stress only does amazing things for our body.

Plan girls nights at the movies or a fun restaurant.

Plan date nights with your other half to really stay connected.

Take your kids on outings. Making memories will help even on the coldest blizzard days.

Use an oil like Cheer or Passion for the days when you just don't feel like being social. Rub a few drops over your heart and on the back of your neck.



WATCH THE INTRO TO ESSENTIAL OILS WEB CLASS I RECORDED FOR YOU!

You will learn all the basics on how essential oils can support you in staying well this winter.

If you are new to oils, I go over what they are, and different ways to use them.

To watch the class, click on the button or the picture below and it will take you right there!

[CLICK HERE TO WATCH](#)

See you there!

