


Connected Kids Daily Routine


MORNING


Brain crossover exercise: Brain Dance 5 minutes 

Supplements: #1 Vitamins/Minerals, #2 Omega, #3 Probiotics 


Detox Gut: 1-2 drops Lemon & Wild Orange oil in drinking water. Apply DigestZen or Tamer on bottom of feet. 

Detox Brain: 1-2 drops Clove & Cilantro oil on big toes 

Focus & Learning: Balance, InTune, Vetiver apply big toes, back of neck, forehead, and ears 

Mood Management: Diffuse one or a combination of Adaptiv, Cedarwood, Lavender, Serenity, Sandalwood, Frankincense, Wild Orange, Marjoram, Calmer, Peace 

NOON


Focus & Learning: Balance, InTune, Vetiver apply big toes, back of neck, forehead, and ears 

Mood Management: Diffuse one or a combination of Adaptiv, Cedarwood, Lavender, Serenity, Sandalwood, Frankincense, Wild Orange, Marjoram, Calmer, Peace

NIGHT

Brain crossover exercise: Brain Dance 5 minutes 

Supplements: #1 Vitamins/Minerals, #2 Omega, #3 Probiotics 

Detox Organs: 1-2 drops Lemon & Wild Orange oil in drinking water. Apply Zendocrine & DDR Prime on bottom of feet. 

Detox Brain: 1-2 drops Clove & Cilantro oil on big toes 

Sleep: Diffuse 1-2 drops Serenity &/or take Serenity soft gels. 