



The Revived Living

Stress Relief Tool Kit



MEET Samantha

Hey Beauty!

It's such an honor to connect with you and share some of the simple yet powerful tools that have made a real difference in my own life.

If you're anything like me, you might know the weight of chronic worry, perfectionism, or the sneaky habit of making stress even worse by overthinking. I've been there. For years, I walked through the fog of depression, searching for light. Along the way, I discovered tools that helped me not only cope—but come home to myself.

Learning to manage my mind with the VIBE method, and practicing daily nervous system regulation, has brought deep peace into my life. But this isn't just about feeling good. It's about building the capacity to hold the full spectrum of life—the hard, the beautiful, the messy, and the magical.

Because life doesn't live in either/or. It lives in both. And my wish for you is this: that no matter what life throws your way, you feel grounded, resourced, and resilient—able to thrive through it all.

*Hi,
Samantha*



Fun Facts About Me:

I'm a...

Daughter, sister, wife, aunt, fur-mom to two amazing pups

I love to...

VIBE, deep conversation, laugh, travel, paddle board, walk in nature, read, cook, & snuggle my pups

I have...

- Been a professional coach for 8 years & worked with over 1,000 individuals
- Lived in 5 states in America
- Created and taught over 14,000 people how to be Life Coaches through Health Coach Institute

3 Types of Stress



PHYSICAL STRESS

Trauma or stress on the physical body such as an injury, physical labor, child birth, musculoskeletal misalignments, dehydration, dental challenges, viruses & bacteria, inadequate oxygen, low blood sugar, lack of sleep, etc.

CHEMICAL STRESS

Environmental pollution, chemical toxins in farming and personal care products, food additives, artificial coloring, substance abuse, etc.



EMOTIONAL STRESS

Anger, grief, overwhelm, guilt, shame, perfectionism, self-loathing, anxiety, depression, negative self-talk, relationship stress, lack of financial or other resources for survival, etc.

EFFECTS OF STRESS

↑ in cortisol production linked to weight gain, difficulty gaining muscle, and premature aging

↓ in nutrient absorption due to reduced gastrointestinal blood flow, digestive enzymes, flora, and bile flow

↑ in mineral depletion like calcium, magnesium, zinc, chromium, and other trace minerals

↓ in gut flora populations that can lead to skin disorders, immune and digestive challenges

↑ in sodium and fluid retention leading to higher blood pressure

↓ in growth hormone a key component for healing and rebuilding tissue, building muscle, and burning fat

↑ in LDL cholesterol levels that increase risk of heart disease and stroke

↓ in sex hormones lowering sex drive, energy, and muscle mass

↑ in inflammation which is the foundation for disease to be built off of

THE STRESS-DISEASE PATHWAY

Stress

Every day, your body encounters stressors — from deadlines, family responsibilities, and self-criticism, to lack of sleep, processed foods, or environmental toxins.

On their own, these stressors may feel small, but over time they stack up and keep your nervous system on high alert.

Dysregulation

When stress isn't resolved, your nervous system can become dysregulated — meaning it gets stuck in survival mode (fight, flight, or freeze). In this state, your body begins rewriting its internal script. Just like scriptwriters changing lines in a play, stress signals can tell your body to turn certain genes on or off. This is called epigenetics — and it's why chronic stress doesn't just change how you feel, it changes how your body functions. Healing, digestion, and sleep get "turned down," while survival processes stay "turned up."

Inflammation

As the nervous system stays activated, your body produces more stress hormones and inflammatory chemicals. Inflammation is like a fire alarm that never turns off. At first it's protective, but over time chronic inflammation starts to damage tissues, weaken immunity, and create a foundation for illness.

Symptoms

This is where your body begins to communicate with you. Fatigue, brain fog, headaches, gut issues, skin flare-ups, anxiety, poor sleep — these are not random annoyances. They are your body's way of saying, "Something needs to shift." When stressors aren't addressed, new symptoms often appear, layering on top of the old ones, until you can no longer ignore the message.

Disease

By the time we reach this stage stress, dysregulation, and inflammation have been running the show while you try to keep pushing through the symptoms. At this stage, patterns of inflammation and dysregulation get classified as specific diseases — like autoimmune disorders, cardiovascular issues, diabetes, or depression.

The Good News:

This pathway can be interrupted at any stage. Through nervous system regulation, daily stress relief practices, and lifestyle shifts, you can change the script your body is running. Stress will always be part of life, but how your body carries it, and whether it turns into illness, is something you have the power to influence.

What is Body Burden?

Body Burden is a term used to describe the amount or concentration of chemicals that can be detected in the human body at any one time.

This happens when we come in contact with synthetic chemicals and pollutants that can remain in our bodies tissue for many years after the original exposure is done.

If our body is working hard to filter out contaminants and toxins all the time, it is decreasing the effectiveness of the immune system to fight off illness, and diseases. When pregnant, it's important to remember everything we are exposed to gets sent to the baby as well.

Did you know new borns can have body burden?

In 2004 a test spearheaded by the EWG revealed a staggering 287 chemicals and toxins were found in the cord blood for new born babies! This included pesticides, consumer product ingredients, and wastes from burning coal, gasoline, and garbage.

Of the chemicals found, 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests.

❌ A developing child's chemical exposures are greater pound-for-pound than those of adults.

❌ An immature, porous blood-brain barrier allows greater chemical exposures to the developing brain.

❌ Children have lower levels of some chemical-binding proteins, allowing more of a chemical to reach "target organs."

❌ A baby's organs and systems are rapidly developing, and thus are often more vulnerable to damage from chemical exposure.

❌ Systems that detoxify and excrete industrial chemicals are not fully developed.

❌ The longer future life span of a child compared to an adult allows more time for adverse effects to arise.



The good news is that there are SO many SIMPLE ways to begin reducing you and your families body burden. A HUGE way is through the products you put on your skin every day. Check out the Toxin-Free Master List handout to make this process easier!

SIGNS OF BODY BURDEN

Stress doesn't always show up as "feeling stressed." It often shows up as body signals. Check off each symptom you experience regularly (at least weekly).

- | | | |
|---|---|---|
| <input type="radio"/> Trouble Focusing | <input type="radio"/> Joint Pain | <input type="radio"/> Restlessness |
| <input type="radio"/> Brain Fog | <input type="radio"/> Frequent Colds | <input type="radio"/> Heartburn |
| <input type="radio"/> Overthinking | <input type="radio"/> Weight Fluctuations | <input type="radio"/> Acid Reflux |
| <input type="radio"/> Difficulty sleeping | <input type="radio"/> Irregular Cycle | <input type="radio"/> Food Intolerances |
| <input type="radio"/> Anxiety | <input type="radio"/> Acne | <input type="radio"/> Jaw Pain |
| <input type="radio"/> Irritability | <input type="radio"/> Eczema | <input type="radio"/> Slow Healing (cut/bruise) |
| <input type="radio"/> Mood Swings | <input type="radio"/> Rashes | <input type="radio"/> Swollen Lymph Nodes |
| <input type="radio"/> Waking Up Tired | <input type="radio"/> Memory Challenges | <input type="radio"/> Painful PMS |
| <input type="radio"/> Chronic Fatigue | <input type="radio"/> New Allergies | <input type="radio"/> Appetite loss |
| <input type="radio"/> Dry Skin | <input type="radio"/> Worsening Allergies | <input type="radio"/> Headache |
| <input type="radio"/> Rely on Caffeine | <input type="radio"/> Body Odor | <input type="radio"/> Migraine |
| <input type="radio"/> Bloating | <input type="radio"/> Waking at Night | <input type="radio"/> Muscle Tension |
| <input type="radio"/> Constipation | <input type="radio"/> Nausea | <input type="radio"/> Sugar Cravings |
| <input type="radio"/> Diarrhea | <input type="radio"/> Brittle Hair/Nails | <input type="radio"/> Dizzy/Lightheaded |

Tally Up Your Check Marks



0-5 checks → Low Body Burden

Your system is relatively balanced. Keep practicing daily stress relief.

6-12 checks → Moderate Body Burden

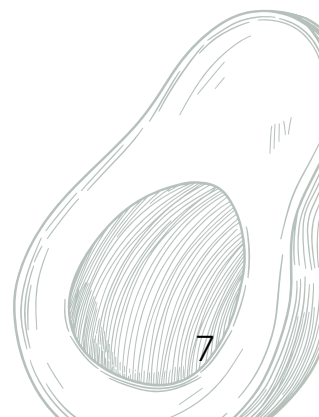
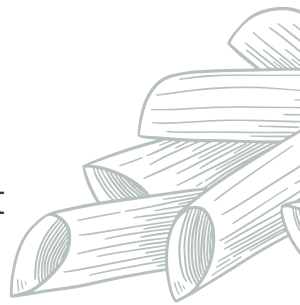
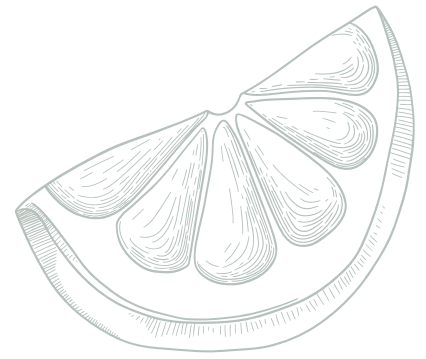
Your body is showing clear signs of stress load. Now is the time to actively regulate and lighten your load.

13+ checks → High Body Burden

Your body is communicating loudly. Symptoms are stacking, and without intervention they may progress further. Consistent regulation + lifestyle shifts are key.

Pre-Meal Practices

- Take slow deep belly breaths for 1-2 minutes
- Hum a short song to stimulate the vagus nerve and activate your parasympathetic nervous system
#restanddigest
- Set a positive intention over your food and infuse it with gratitude
- Stop scrolling social media or checking your e-mail
- Turn off the TV especially any program that is stressful
- Take your meal in with your senses and appreciate the color, texture, and smells of your plate - digestion actually starts here!
- Feel gratitude for each hand that helped grow and transport your meal and for how the food will nourish and support your body

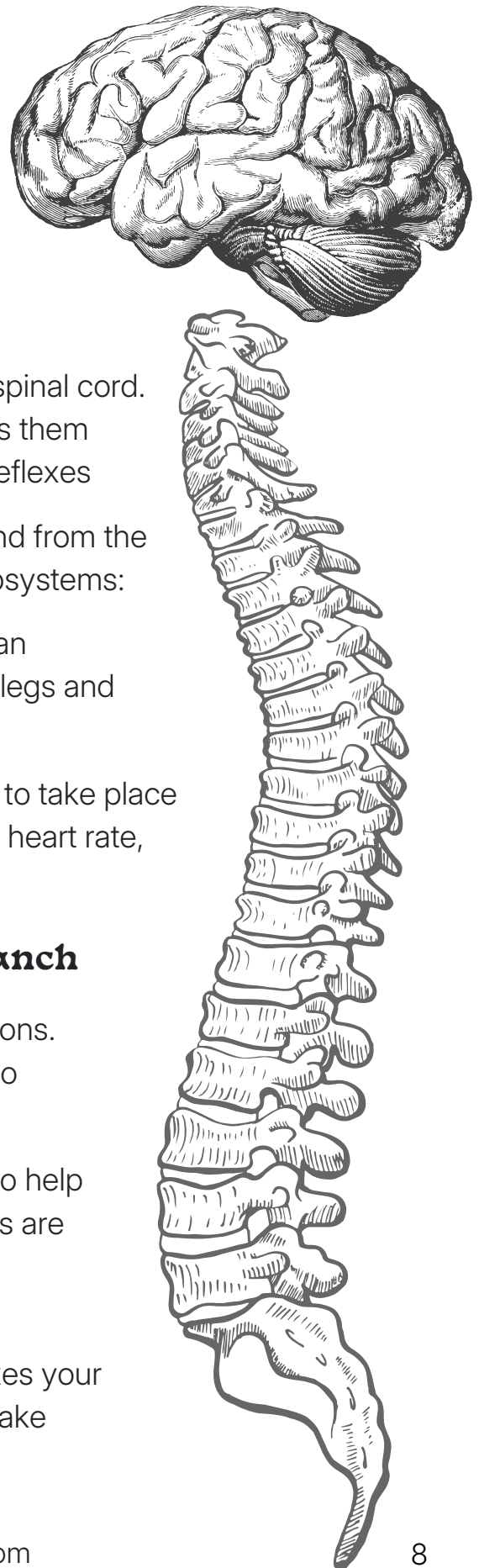


What is the Nervous System?

Simply: It is the super computer of your body and guides every conscious and unconscious process.

It's made of several branches with specific functions.

Here is a simplified overview:



- Central Nervous System: made up of the brain and spinal cord. The brain sends signals out to the body and receives them through the spinal cord. The cord also coordinates reflexes
- Peripheral Nervous System: All the nerves that extend from the spinal cord to all areas of the body. It has 2 main subsystems:
 - Somatic - delivers signals to muscles that you can consciously control like moving your hands and legs and consciously controlling your breath
 - Autonomic - sends signals for critical processes to take place without thinking about them like your hormones, heart rate, digestion, breathing, blood pressure

Core Focus in This Course: Autonomic Branch

The Autonomic Nervous System has three distinct divisions. Two of which we can help regulate throughout the day to reduce overall stress on the body.

- Sympathetic - the "fight or flight" response created to help us run away from a predator or fight a foe. Hormones are released to increase heart rate, blood pressure, and breathing. Blood flow is directed to your limbs
- Parasympathetic - the "rest & digest" response relaxes your body after periods of stress or danger. Healing can take place during this state

Breath Work Technique #1

1. Deep Belly Breathing

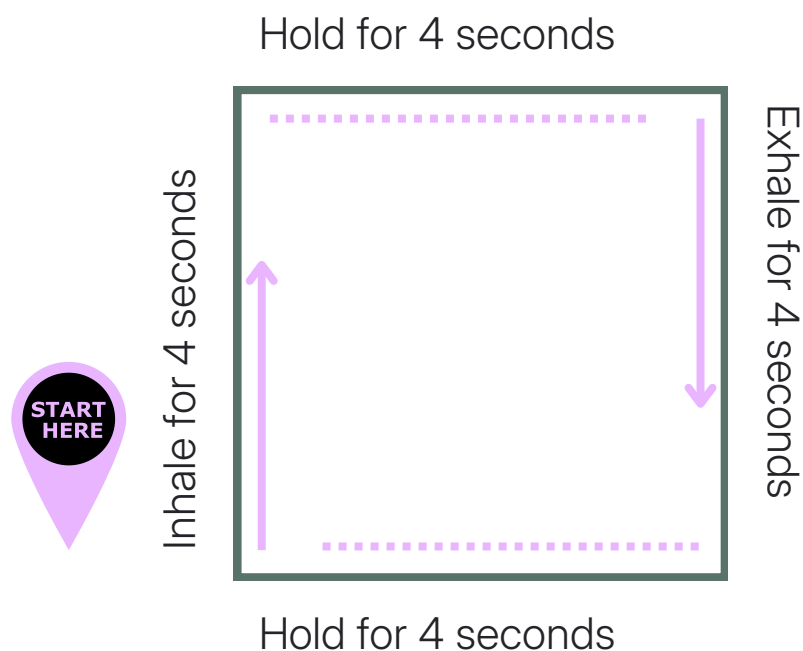
- Sit or lie in a comfortable position. When you are first learning how to do this it's easier to lie down. Place a pillow behind your knees to help relieve tension in your back
- Place one hand on your chest and one on your belly to help you tune in to each area as you learn to breathe into your stomach
- As you inhale breathe into your hand on the belly first. Follow the breath into your chest, and all the way up to your collar bones
- Hold the breath for 2-4 seconds. On the exhale lead with your belly button relaxing towards your spine. Feel your chest release and then your collar bones last
- Practice this for 6-10 rounds



Breath Work Technique #2

2. Box Breathing

- For this technique you can choose anywhere from 4-7 seconds for each part of the breath, but 4 seconds is most common to start
- Start by exhaling any air in your lungs
- Breathe in for 4 seconds through your nose, hold the breath in for 4 seconds, exhale slowly for 4 counts, and hold the exhale for 4 seconds
- Repeat this cycle 7 times
- Notice how you feel holding the breath in versus out. With each round focus on how refreshing or soothing it feels when you inhale and exhale



Breath Work Technique #3

3. Alternate Nostril Breathing

- Use your thumb and ring finger as pinchers or your thumb and pinky finger if it's easier. If you use your right hand your thumb will be used to close off your right nostril and ring finger for the left side
- Begin by sitting upright in a comfortable position
- Close off the right nostril and exhale through the left
- Inhale through the left, close it with the ring finger, and exhale through the right side
- Inhale through the right, close it off with the thumb, and exhale through the left
- Repeat this process two more times to complete the first round
- Remove both fingers and take 3 cleansing breaths using both nostrils
- Repeat this for a second and third round pausing to breathe through both nostrils between each round for a total of 9 inhalations and exhalations through each nostril



Tapping: Exercise #1

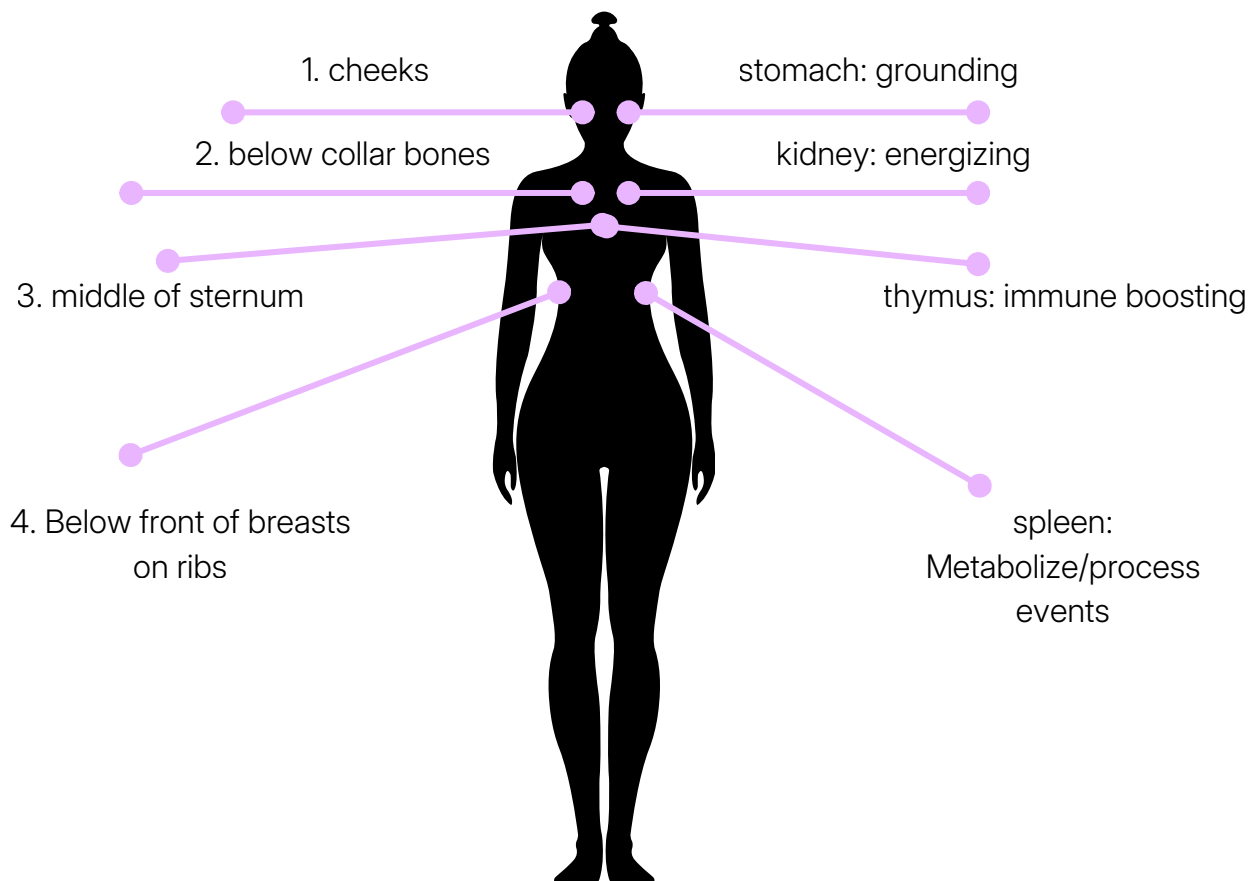
The Four Thumps

When to use:

- First thing in the morning or mid-afternoon to wake up
- Feeling your stress levels ramp up
- Before a meeting or performance to ground your energy
- Overwhelmed by events happening and processing what's going on
- Noticing the first signs of a cold coming on

How to use:

Using three fingers on each hand, tap the following points with your ring, middle, and pointer fingers with moderate pressure. Breathe in through your nose and exhale out of the mouth for about 30 seconds at each point or until you feel complete.



Tapping: Exercise #2

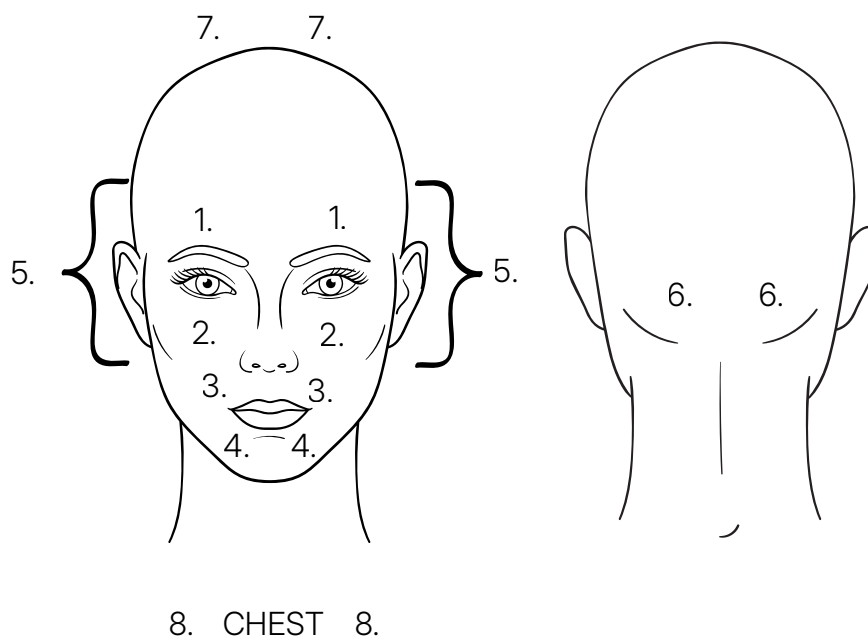
Three Adjectives to Embody

Need help shifting your state and where your thoughts are focused?
Choose 3 adjectives for how you would like to be feeling instead.

For example: grounded, peaceful, focused.

Follow these steps to complete this exercise:

- Using your ring, middle, and pointer fingers tap on the following points in the order they are listed
- Inhale through your nose and exhale out your mouth
- As you tap on each point repeat your cycle of 3 words, 3 times by saying them in your head or out loud
- When you finish the chest point, add an "I am" statement in front of each word and repeat them 3 times through
- To complete, drop your hands to your side. Keep your toes grounded and let your heels bounce up and down. Take deep breaths in and audible exhales through your mouth

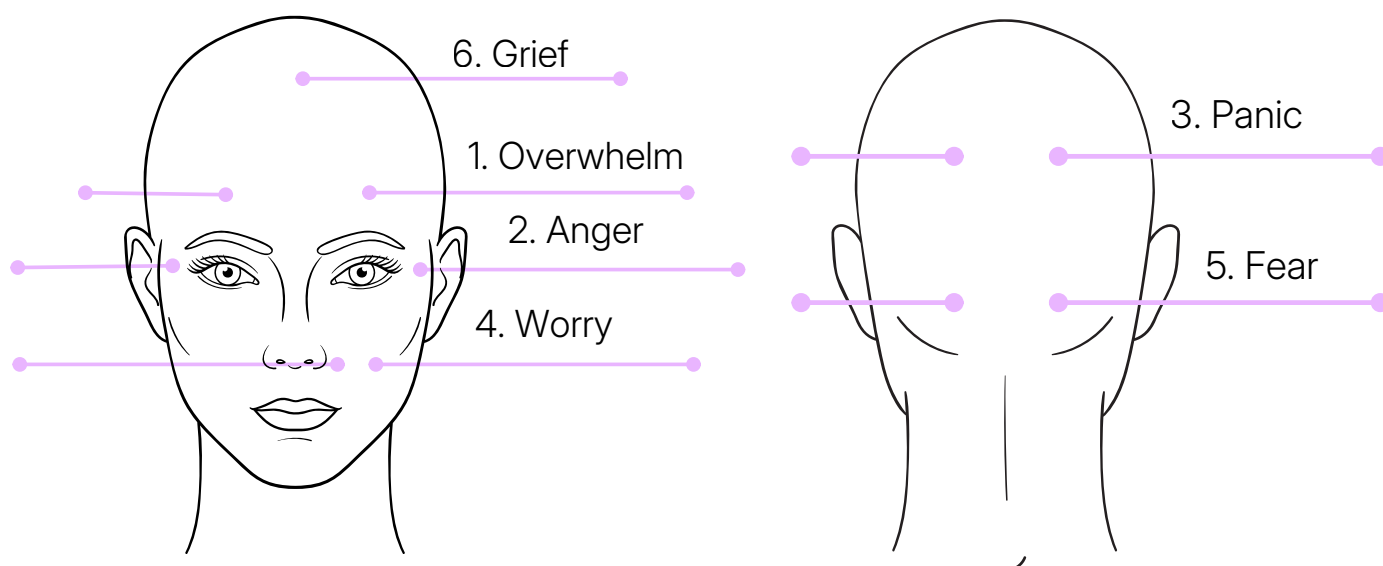


Energy Medicine #1

Neurovascular points

Guidance:

1. Using two fingers gently but firmly apply pressure to the following points below.
2. You can go in the order listed or jump to whichever emotion you are feeling most intensely in that moment, but always begin with the overwhelm points on your forehead to help ground you first.
3. Breathe in through your nose and exhale out the mouth while you hold.
4. Notice any tension in your shoulders and release it on the exhale or lay down for more comfort.
5. Hold each point for 2-3 minutes. I usually feel a noticeable shift by 30-45 seconds. Listen to your intuition for when you feel complete or a subtle shift in energy to guide you to move to the next point.



Energy Medicine #2

Connecting Heaven & Earth

When to use:

- You need a quick way to ground your energy
- Your brain feels foggy and unfocused
- You're feeling an afternoon slump and want a pick up without turning to caffeine or energy drinks

How to use:

1. Stand with your feet hips distance apart and your hands at prayer center
2. Inhale through the nose and send your left hand to the ceiling and your right hand towards the floor
3. Hold the breath at the top and keep your wrists in the same position as if you're trying to press the ceiling and floor away from each other
4. Exhale out your mouth and return your hands to prayer center
5. Repeat this process alternating sides for 3-5 rounds until you can feel a subtle shift in your energy



Energy Medicine #3α

Wayne Cook Exercise (seated)

When to use:

- Your brain feels scrambled and you can't articulate what you're thinking or feeling
- Can not get clarity on a situation
- Need to have a tough conversation with someone or are upset after one
- Untangle inner chaos
- Learn more proficiently

How to use:

1. Cross your right ankle over your left knee
2. Right hand cups the arch of your foot and the left hand crosses over and grabs the top of your foot
3. Inhale through the nose and rock backward holding the breath for a moment before exhaling out the mouth and returning to your original position
4. Take 3-5 breaths repeating this slow rocking movement and repeat on the left side
5. Place both feet on the ground and connect your fingertips to form a triangle. Press your thumbs in between your eyebrows. Inhale lift and rock backwards like in previous steps. Exhale and return to center. Repeat for 3 breaths
6. Curl your fingertips in to the center of your forehead to separate your forehead into two sides. Inhale, press your finger tips in, and as you exhale press and drag your fingertips to your temples. Inhale holding at the temples and as you exhale trace your fingers behind your ears, down your neck, and ending at your shoulders. Drop your elbows to press into your shoulders and take a deep breath here to complete
7. Switch sides and repeat steps 1-6



Energy Medicine #3B

Wayne Cook Exercise (standing)

How to use:

1. Cross your right leg in front of your left and place your feet as close together as possible. Press into each foot equally and imagine a zipper between your legs to help with balance
2. Raise your arms parallel to the floor and cross your right arm over the left. Turn your palms to face each other and clasp your hands. Bend your elbows and pull your hands into your chest. Your elbows will drop and rest on your stomach
3. Inhale through the nose, lift towards the ceiling, and slightly rock backwards holding the breath for a moment before exhaling out the mouth and returning to your original position
4. Take 3-5 breaths repeating this slow rocking movement and repeat on the left side.
5. Place both feet hips distance on the ground and connect your fingertips to form a triangle
6. Press your thumbs in between your eyebrows. Inhale lift and rock backwards like in previous steps. Exhale and return to center. Repeat for 3 breaths
7. Curl your fingertips in to the center of your forehead to separate your forehead into two sides. Inhale, press your finger tips in, and as you exhale press and drag your fingertips to your temples. Inhale holding at the temples and as you exhale trace your fingers behind your ears, down your neck, and ending at your shoulders. Drop your elbows to press into your shoulders and take a deep breath here to complete
8. Switch sides and repeat steps 1-7



Progressive Muscle Relaxation

Pre-sleep meditation to release stored stress

How to practice:

- Find a comfortable position to lay down
- Scan and take stock of how your body feels before you begin
- Take six deep belly breaths to center and begin to relax yourself. On the exhale feel your body release 1% of tension and notice how your body sinks heavier into the ground
- Begin at your feet. Take a deep inhale and activate all the muscles in your feet. Hold the tension at the top of your inhale. As you exhale release all the tension in your feet at once
- Continue this process one muscle group at a time moving up your body:
 - calves
 - thighs
 - glutes
 - lower body (glutes all the way to your feet)
 - stomach
 - back (squeeze shoulder blades together)
 - arms and hands
 - face and neck
 - upper body (stomach, back, arms, hands, face, and neck)
 - entire body 2x
- Take a few rounds of deep belly breathing savoring the new relaxed sensation in your body. Let your breath return to normal and proceed into sleep if doing the practice before bed



Creating a Stress-Free Sleep Space

1. Go Old School

Swap using your smartphone as your alarm clock for an old school one and charge your phone in a different room at night. When our phones charge close to our heads they are emitting electromagnetic frequencies (EMFs) and according to Dr. Andrew Goldsworthy can cause fragmented DNA which leads to cancer, ADHD, headaches, depression, tinnitus, and more.

2. Limit Light Exposure

Light exposure makes our body think we still need to be awake and alert. This reduces production of melatonin which is an important hormone to help us fall and stay asleep. Remove TV from the bedroom and limit screen time an hour before bed. Use LED candles or orangey/red lighting to create an inviting atmosphere that preps your body for sleep. Add blackout curtains especially if you have lights outside your window or have to sleep during the day to work at night.

3. Make It For Sleep, Relaxation, & Pleasure

Leave work, electronic devices, and tough conversations out of the bedroom. Pillow talk confessionals are amazing, but make sure your partner is in a mindset for the conversation before spilling your soul. Focus time in the bedroom towards sleep, relaxation like massage or yoga nidra a.k.a sleep meditations, and intimacy with yourself or your partner.

4. Set a Timer

Similar to taking your cell phone out of the bedroom, set your wifi router on a timer so it turns off while you're sleeping to further reduce EMF exposure in the house.

5. Detox Your Space

Wall plug-ins, sheets, and laundry detergent are simple swaps to reduce toxin exposure in your bedroom! If you're ready for a bigger investment in your health check out organic mattresses from Avocado Green Mattress. Check out the video on reducing chemical stress for laundry detergent and other recommendations.

Tips For Deep & Restful Sleep

- ✕ **Regular Sleep-Wake Times:** help regulate your circadian clock aka your hormonal clock that releases specific hormones at specific times each day to help you wake up and be alert as well as wind down for sleep
- ✕ **Morning Sun:** 20 minutes of regular sun exposure first thing in the morning to your eyes (no sunglasses) helps regulate your circadian rhythm
- ✕ **Clear The Clutter:** help your mind feel spacious and peaceful when entering your bedroom rather than a growing to-do list
- ✕ **Avoid Afternoon Caffeine:** Even if you can drink it in the afternoon and fall asleep easily you may not be getting deep and restful sleep
- ✕ **Reduce Alcohol Consumption:** as it leads to interrupted or poor quality of sleep
- ✕ **2 Hour Rule:** Eat no later than 2 hours before bed. Having a meal sit in the stomach will disrupt sleep and the body's overnight detoxification process
- ✕ **Write It Down:** Write your plan for the next day down or anything that is worrying you so your brain can focus on relaxing instead of keeping track and trying to problem solve
- ✕ **Magnesium Bath:** Take a hot liquid magnesium bath to relax your muscles and aid in calming your nervous system. Pair it with the PMR sleep meditation to fully melt.
- ✕ **Get Physical:** Tend to your physical body with a massage, stretching, or sex to relieve tension
- ✕ **Add Soothing Sound:** Spa music, nature sounds, or explore different types of noise (white, brown, pink, etc.)

What is VIBE & Embodiment®?

A combination of gentle movement, music, and visualization techniques to help you get out of your head, into your body, and access a flow state.

Benefits of VIBE:

- Container to explore, feel, and release your emotional range
- Increased ability to regulate and sit with complex emotions
- Less reactivity and more self-reflection before responding
- Tap into more joy, happiness, and satisfaction
- Enhance performance and build confidence
- Reduce critical and judgmental self-talk
- Create peace with past versions of yourself
- Reduce perfectionism and procrastination
- Explore your self-expression
- Access your intuition and learn to trust it



How to VIBE:

1. Turn on the playlist linked with the video and shuffle through the songs until you find one that resonates
2. Tap into your breath and begin to gently sway to connect to the music
3. Let the lyrics and different instrumental tempos and patterns guide your movement
4. Let it be explorative, messy, FUN, and expressive
5. Focus on visualizing what you are wanting to release and let go of or embody more of depending which song you are VIBING to

Ways to Release Stress While You VIBE:

1. Take slow deep inhales through the nose and big exhales out the mouth
2. Keep your toes grounded and let your heels bounce up and down to the music letting the rest of your body be loose and sway with the momentum
3. Use tapping techniques where you're feeling clogged energy or a lot of sensation in your body. You can also hold your neurovascular points as you practice
4. Let your voice be heard! Activate the vibration of music in your body by singing or humming along to a tune even if you don't know it perfectly

Do You Know The Makeup of Your Makeup?

The US Food and Drug Administration permits cosmetic companies to use toxic chemicals known to be harmful in products. As a result, chemicals linked to cancer, endocrine disruption, reproductive toxicity, developmental toxicity, and many other health concerns are hidden in the cosmetics women are using on their bodies every day.



Ingredients to avoid:

Talc
Phthalates
Parabens
Retinyl Palmitate
Phenoxyethanol
Nanoparticles
Mineral Oil
BHA & BHT
Grapefruit Seed Extract
Carbon Black
Loose Powder Titanium Dioxide
Methylisothiazolinone
Formaldehyde Releasers
...and MANY more



*The European Union bans
over 1,300 toxic
chemicals while the USA
only bans 30...*

Toxin-Free Masterlist

Of ALL of the products in my home, I am most confident in my makeup and skin cares safety! I do get a significant amount of questions about the other products we use though...so I have compiled a Toxin Free Master List for total Home and body safety! Am I missing a category? Let me know!

♥ = What we use in our home!

All Makeup & Skincare:

www.revived-living.com/clean ♥

Essential oils:

www.mydoterra.com/oilsfirst ♥

Oral Care:

- Dr. Bronners toothpaste
- Dr. Brite Toothpaste
- Activated charcoal
- Organic coconut oil pulling
- Auromere
- Himalaya
- OnGuard toothpaste ♥

Deodorant:

- DIY- mix fractionated coconut oil, water, and essential oil into a spray bottle
- Real Purity Roll on
- Vermont Soap Company
- Primally Pure ♥

Body Wash:

- Crunchi Charcoal Body Bar ♥
- Dr. Bronners 18 in 1 Castile Soap ♥
- Dr. Bronners Sugar Soap
- Any Poofy Organics body wash
- Norwex Body Cloths

Kids Body Products:

- Poofy Organics
- Dr. Bronners unscented (Castile) ♥
- Primally Pure Oil and Balm

Men's Skincare:

- Crunchi facial Bars ♥
- Crunchi daylight and nightlight ♥
- Crunchi clarilight ♥

Men's Hair Styling:

- Poofy Organics
- John Masters Organic

Face Moisturizer:

- Crunchi Daylight Facial Cream ♥
- Crunchi Nightlight Night Cream ♥
- Crunchi Facial Oil ♥
- Yarrow Pom ♥
- Jojoba Oil

Eye Cream:

- 100% Pure Coffee Bean Eye Cream
- Holly Beth Organics
- Crunchi Powerlight ♥

Makeup Remover:

- Crunchi I am the Balm ♥
- Crunchi Charcoal Facial Bar ♥
- Norwex Cloths
- Coconut Oil and warm water

Face Wash:

- Crunchi Charcoal Facial Bar ♥
- Crunchi Gentle Facial Bar ♥
- Crunchi I am the Balm (Oil Cleanser) ♥

Toxin-Free Masterlist

Blemishes & Pores:

- Lue Organics Spot Treatment
- Tea tree, Clearskin, Frankincense, Lavender essential oil ♥
- Crunchi Clarilight ♥
- Crunchi Goldenlight Serum ♥
- Crunchi I am Renewed Mask ♥

Body Lotion:

- Raw Shea Butter, Organic Coconut Oil, Organic Jojoba Oil (mixed or individually) ♥
- Primally Pure
- Skin Food by AB Body Butter
- Dr. Bronners Lotion
- All Poofy Organics
- Distill Essentials

Hair Care:

- Innersence Organics
- Poofy Organics
- Carina Organics
- Evolvh Hair Care
- Suds & Co Shampoo and Conditioner Bars ♥
- doTERRA Shampoo and Conditioner Bars ♥

Hair Spray:

- Innersence Organics "I Create Finish" Hairspray

Dry Shampoo:

- Crunchi Setting Powder ♥
- Green + Gorgeous

Volumizing Mousse:

- Innersence Organics

Face Mask:

- Crunchi I am Polished ♥
- Skinfood by AB Mean Green Face Mask
- Bentonite Clay, crushed chamomile, lavender essential oil ♥

Bug Spray:

- Poofy Organics
- Terrashield Essential Oil Blend ♥
- Greenerway Organics

Sun Protection:

- Crunchi Facial Sunlight 30SPF ♥
- Crunchi Body SPF ♥
- Poofy Organics
- Badger- non-nano ♥
- ThinkBaby ♥
- Plain coconut oil and Shea butter
- doTERRA ♥

Sunless Tanner:

- DIY with coffee grounds
- Chocolate Sun

Lipbalm/Chapstick:

- Thayers Slippery Elm Lip Balm
- Badger
- Dr. Bronner's Lip Balm
- Coconut oil

Feminine Hygiene:

- Silicone Menstrual Cup ♥
- Lola
- Rael
- Cora ♥
- Reign ♥
- L. Organic Tampons (Target)

Toxin-Free Masterlist

Laundry Detergent:

- Homemade pinterest recipes
- Molly's Suds
- Branch Basics
- TrulyFree ❤️

Dryer Sheets:

- Wool Dryer Balls (add essential oils) ❤️

Cleaning Products:

- Vinegar/essential oil blends ❤️
- Baking Soda ❤️
- Norwex Rags
- Branch Basics
- OnGuard concentrate ❤️
- TrulyFree ❤️

Hand Soap:

- Dr. Bronner's 4 in 1 Organic Sugar Soap
- Branch Basics
- doTERRA Abode collection ❤️

Hand Sanitizer:

- Dr. Bronners Spray
- doTERRA OnGuard Spray ❤️

Dish Soap:

- Eco-Me dish soap
- Better Life dish soap
- Poofy Organics 'I am goddess' dish soap
- TrulyFree Refillable Sweet Basil dish soap ❤️

Dishwasher Detergent:

- Better Life dishwasher gel
- Eco-Me fragrance free dishwashing soap
- MamaSuds auto dishwashing powder
- doTERRA Abode Dishwasher pods ❤️
- TrulyFree ❤️



How to Coffee Enema

Step-By-Step

Why do a coffee enema?

The number one benefit is stimulating glutathione production in the liver which is an antioxidant that aids in natural detoxification and boosts immunity.

How to do a coffee enema:

1. Measure 3 cups of distilled water and 3 Tablespoons of organic light roast coffee in a small to medium sauce pan
2. Turn on heat to medium high and bring the mixture to a boil
3. Once to a medium boil keep the lid off and set the timer for 5 minutes. Then turn heat to low and simmer for 12 more minutes with the lid on
4. Use a sieve to strain the coffee into another container to allow it to cool. If you have boiled off water or started with less to help it cool faster, add more distilled water until you have 3 cups of liquid again
5. Allow the mixture to cool until you can comfortably rest your pinky finger in it
6. Place your bucket on a counter or held by a hook and pour the liquid in to your enema bucket while holding the tube vertically above the bucket to reduce air bubbles
7. Slowly lower the tube below the bucket until coffee enters the tip. Pinch the clamp so you can lay down without any spilling
8. Prep your enema tip and bum with coconut oil. Slowly insert the tube and start on your left side. Once the tube is in release the clamp to let the coffee enter your body. Once the coffee is in clamp the tube shut and set a timer for 8-15 minutes
9. After a few minutes turn onto your back and practice deep breathing or give yourself a gentle stomach massage
10. Turn onto your right side for the last 5 minutes to allow the coffee to move into your liver and stimulate glutathione production
11. Gently remove the enema tip and move to the toilet to release the enema!

Coffee Enema Supply List

- ☐ Medium sauce pan
- ☐ 3 cups distilled water
- ☐ Tablespoon measuring spoon
- ☐ Organic coconut oil
- ☐ Silicone measuring container: <https://amzn.to/3Rdorcu>
- ☐ Enema bucket: <https://amzn.to/3wB9nvJ>
- ☐ Flexible enema tips: <https://amzn.to/3kTqZQQ>
- ☐ Additional enema tips: <https://amzn.to/3HYBEWx>
- ☐ Organic coffee: <https://amzn.to/3WKR0Ob>
- ☐ Metal sieve strainer: <https://amzn.to/3HGegdw>

Gentle Stomach Massage Instructions

This is a great technique to assist your digestion ANY time. If you have just eaten or are in the process of an enema, only apply light pressure.

To practice this self-massage technique lie down in a comfortable position. Bend your knees or place a pillow behind your knees for extra comfort if you'd like.

1. Use your ring, middle, and pointer fingers on both hands to apply gentle pressure
2. Start your hands towards your right hip or where you see 1. on the figure below. Press your fingers in gently while you inhale and when you exhale drag them up to point two
3. Continue this process following the arrows. Once you get to your pubic bone, pick up your fingers and begin at point one again
4. Repeat as many times as you'd like. This is a great opportunity to practice breathing deeply into your belly

