Wellness with Rose
NATURAL HEALTH & HOLISTIC LIVING

3 Day Do's & Don'ts

Do's	Don'ts
Be fully present	Outside food or drink
Get 8.5 hours of sleep	Gum or mints
Request wakeup call and set backup alarm	Cell phones
Wear Q link to travel (if you have it)	TV or newspaper
Keep journal and health journal	Beauty, skin care or makeup products with chemicals

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