



Wellness with Rose
NATURAL HEALTH & HOLISTIC LIVING

3 Month Do's & Don'ts

Do's	Don'ts
Simplify your life	Eat fried foods, gluten or dairy
Remove yourself from any groups or lists that are not helping you achieve the next level	Use artificial sweeteners
Take supplements 3 times a day	Freeze plastic containers or water bottles
Drink filtered water only (no tap water)	Store warm or hot food in plastic containers
Eliminate as many beauty, household and food chemical products	
Unplug home microwave to avoid radiation emission	
Avoid microwave use	
Store food in glass containers	