



## EVOLUTIONARY CLEANSE

### Cleanse 2024

Welcome to the Evolutionary Cleanse 2024.

As we enter into a new season, uplevel your nutrition by making a ritual of your supplementation. With doTERRA's Life Long Vitality Pack and the MetaPWR kit, along with a few invitations and inspirations from me, you'll shift into an experience of massive clarity and rituals that are non-negotiables for yourself ...

What you can expect and what is expected of you

- Up-level your environment for success, whether at home or on the road.*
- Establish routines that create an internal devotion and consistency, refining your external capacities.*
- You'll act in alignment with your highest good and intentions of optimal health and well-being.*

*When my body, heart, mind, soul, and energy are aligned, I thrive.*



# How to get Started

## STEP ONE:

Order your Life Long Vitality Pack

*This power kit is filled with the essentials to promote lifelong health. I order for two months, take a break, and then order again.*



## STEP TWO:

Customize your order

*Add MetaPWR packets, Caplets and beadlets, and one other item at significant savings.*

## STEP THREE:

Try DanaDamaraYoga.com

*You may want to add yoga and meditation to your cleanse; it is a layer of who you are! Only \$33 for the first week... then YOU decide which package you want to try based on your commitment. Classes are in person and virtual!*



[JOIN HERE](#)

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



# Lifelong Vitality Pack®

GENERAL  
WELLNESS

ANTIOXIDANT +  
DNA PROTECTION

ENERGY  
METABOLISM

HAIR, SKIN  
& NAILS



EYE, BRAIN,  
NERVOUS  
SYSTEM

RESPIRATORY  
HEALTH

CARDIOVASCULAR  
HEALTH

IMMUNE  
FUNCTION

LIVER FUNCTION

BONE HEALTH

STRESS MANAGEMENT

DIGESTIVE HEALTH

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# How to be *Successful*

## GET ORGANIZED

*Get organized – organize your supplements*

[PURCHASE HERE](#)

*Get your supplement organizer here  
- this is the one I use!*

## *Morning* RITUAL

- MetaPWR with Lemon water + your personal supplements. Add what feels good to you in caplet form from doTERRA:
  - *On Guard*
  - *Copaiba*
  - *Probiotic*
  - *Digest Zen*
  - Glutathione (not doTERRA)
  - *Zendocrine*
- Practice, Run, Walk – move your body
- Tea (*Lemon / Ginger* one drop each)
- Dry skin brushing before showering (use *Pink Pepper and/or Grapefruit* on the dry brush)



# Afternoon

## RITUAL

- Take computer breaks during the day
- Listen to high vibe music in the background
- Load up diffusers every day with oils that promote clarity/focus (*Rosemary/Fennel/Lemongrass*)
- Take your LLV pack supplements

# Evening

## RITUAL

- Load up diffusers in your bedroom that will promote sleep at night (*Serenity/Vetiver*)
- Take your evening supplements
- Magnesium to aid sleep
- No screens at least 1 hour before bed
- Listen to 555+Mhz music prior to sleeping