

# 3 Ways to "Win" at Being a Groovy Grandma

It's not always easy being a grandma. Grandmas are becoming caregivers to their grandchildren more than ever before. How do we make sure that we are there for the long haul? Fads come and go, but some stick around for good—and for good reason. Here are three things to consider when wanting to be the grandma that's got it all together. Read on to the end to get a free recipe for my calming roller bottle blend—a must have year-round for grandmas and grandchildren alike!!



## Understanding the gut

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...can protect your wellness.

We all know we need to eat our vegetables - but understanding where your food comes from is just as important in this day and age. You wouldn't believe the amount of chemical concentration that is allowed to penetrate the things designed to be put into and onto our bodies! Did you know that **at least** 70 percent of the immune system starts in the gut? This goes beyond just eating "organic." Being well-informed when purchasing home and personal care products are also critical to your continual well-being!

## Understanding the emotions

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...can ease your stress.

It's easy to become (and stay) swept up in the routine stress patterns we're exposed to on a daily basis. Being a groovy grandma means not only understanding the gut, but it also means being mindful of the emotions. Believe it or not, studies show that the balance of bacteria in the gut plays a part in our emotions. When we eat right, we can calm our gut, as well as our emotions. But Scripture is another source of comfort and peace. Reading God's Word and His promises for you is mind-altering as well as life-changing!



## Understanding prevention

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...is key when it comes to safeguarding your wellness.

Supporting your body systems is **all** about incorporating daily practices and products that support your health. My favorite things to incorporate daily are antioxidant drinks and essential oils. Once I started incorporating just these two things, my wellbeing shifted dramatically. I now actually have energy to go and do low-impact workouts—something I always knew I needed to do, but just couldn't find that extra "oomph" to do it. I've got more energy than I've had in years—and I rarely need to see the doctor for anything other than a routine checkup!

## Calming Roller Bottle Blend

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...a must have year-round.

- 1) 15 drops Peace & Calming
- 2) 10 drops Stress Away
- 3) 10 drops Frankincense
- 4) 5 drops Valor
- 5) 10mL roller bottle
- 6) top it off with carrier oil or V-6

Roll on wrists, behind ears, or on bottom of feet (then add socks) when needing a calming boost. Apply as often as 1x per hour depending on needs.

## **Ready to be a groovy grandma?**

Not only will focusing on these steps help raise you to "groovy grandma" status, but applying these same principles to your grandchildren will help support their mind and body systems, as well - Talk about a win-win situation!! It's SO important to know that your food and other products come from sources that you trust. If you are looking to be that "groovy grandma" - not only for your grandchildren, but for yourself - then you have come to the right place! Want to know more?

Click the button now to Get in Touch!

**let's get in touch!**