

The background of the image features clusters of small, light pink flowers and several large, vibrant green leaves scattered across a light-colored, vertically-grained wooden surface. The flowers are in various stages of bloom, and the leaves are broad and pointed.

Garden Plan

*jenolistic*TM

[illegible][illegible]

January

To Do

Plant

Start Indoors

Other

February

To Do

Plant

Start Indoors

Other

March

To Do

Plant

Start Indoors

Other

April

To Do

Plant

Start Indoors

Other

May

To Do

Plant

Start Indoors

Other

June

To Do

Plant

Start Indoors

Other

July

To Do

Plant

Start Indoors

Other

August

To Do

Plant

Start Indoors

Other

September

To Do

Plant

Start Indoors

Other

October

To Do

Plant

Start Indoors

Other

November

To Do

Plant

Start Indoors

Other

December

To Do

Plant

Start Indoors

Other

Garden Prep - Miscellaneous



Join me for the Ditch the Toxins Road Map!



10 years ago I was diagnosed with an autoimmune disease and the doctors were stumped as to what could help me. This is when I took my own health in my hands and started Ditching the Toxins from my lifestyle.

Changing my lifestyle changed my health and I want to teach you how easy it can be to find a new normal and gain your health back.



Ditch the toxins Road Map is a 4-week course where we go through each area of your home and help you identify what to switch out.

Then we work on switching items out one by one.

Week 1 - Detoxify Your Diet

Learn how to eat clean and discover how to eat healthy on a budget.

Week 2 - Clean up your cleaners

During this week we will take a deep look at what is in your cabinets and figure out what you need to change out.

Week 3 - Personal & Beauty Products

The average US woman uses 12+ personal care products and/or cosmetics a day, containing 168 different chemicals. Lets clean those up!

Week 4 - Ditch Thought Toxins

Stress is a huge toxin on your body, lets learn how to take better care of yourself and learn methods on how to deal with the world stressors.

BONUSES:

- ☑ 4 week meal plan
- ☑ Easy recipes to make your own cleaners
- ☑ Easy recipes to make your beauty products
- ☑ Book - Essential Oils for Stress and Anxiety
- ☑ Book - 50 Health & Wellness Uses for Aromatherapy

Usually ~~\$99~~

Reader Special!

\$47

JOIN TODAY