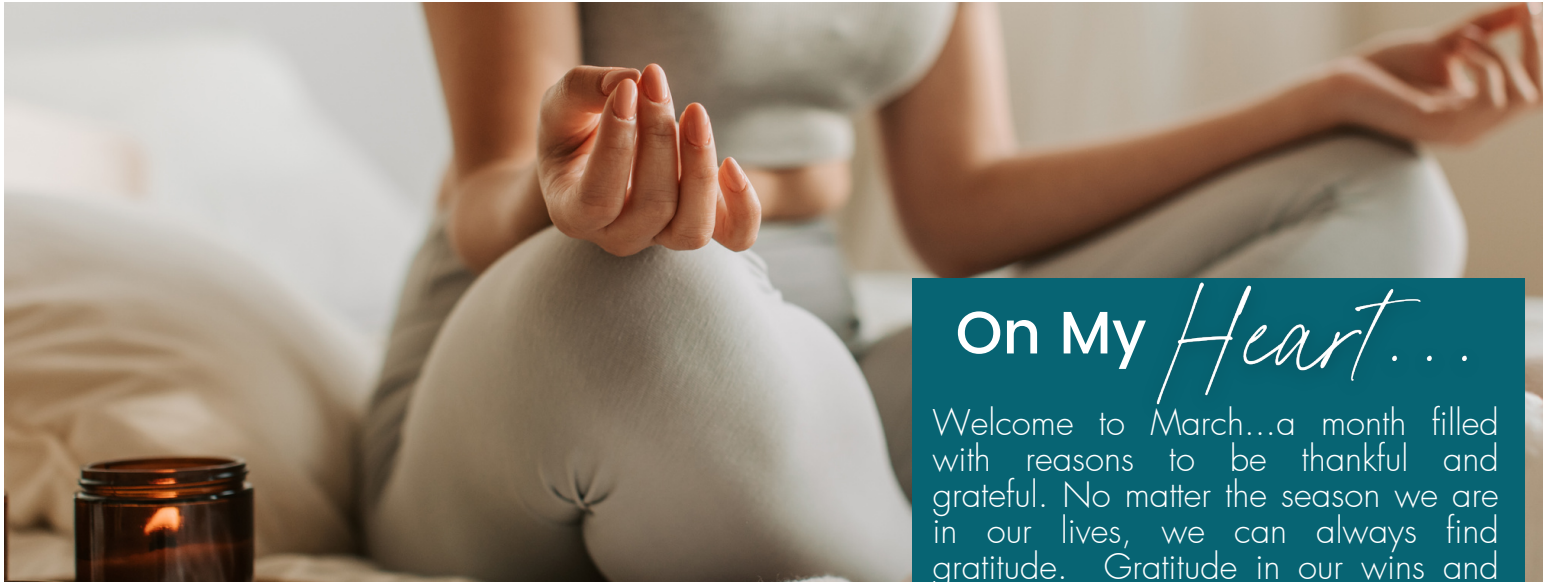




THE *Ripple*

EFFECT

MARCH 2024



On My Heart...

Welcome to March...a month filled with reasons to be thankful and grateful. No matter the season we are in our lives, we can always find gratitude. Gratitude in our wins and appreciation for the lessons we have learned along the way. As the seasons change, now is the time to be more mindful of the choices we are making towards creating our health. Or, even better yet, what choices or actions are you choosing NOT to make?

Our habits and daily decisions greatly impact our overall physical, emotional, and spiritual health each and every day. In fact, we are constantly faced with decisions about the foods we allow in our bodies, our activity levels, what we let fill our minds, and who we surround ourselves with.

Start becoming more mindful about whether your current habits are serving you and leading you to the road of health and wellness or if they are weighing you down and contributing to more emotional and physical stress.

The decision to change is simple, but it takes courage and persistence to take action. I encourage you to make one simple change in your current habits & routines and watch the greatness that unfolds over the next 31 days.

≡♡≡ *Jibu Nageli*

Lucky You!

Where will you be in the next 30, 60, or 90 even days if you continue to let your current symptoms weigh you down? If I were to guess, you'd probably tell me you are not feeling any better. It's time to stop that cycle.

I am so lucky to have you along with me on this amazing journey called life! Together, we are learning so much and making ripples of change. To say thank you, I am sweetening the deal to encourage you to take action and take back your health.

When you sign up for a new consultation in March, you will receive a **FREE AO Scan**.

An AO scan helps to identify frequency imbalances within the body and contributing factors to health related issues such as hormone imbalances, digestion, reproduction function, cardiovascular problems and so much more. Schedule a remote consult, and we'll get to the root cause!



SCHEDULE NOW

MyDNA Wellness Test Kit

Discovering your DNA opens up a world of opportunity to make massive and meaningful strides toward improving your overall health.

The myDNA assessments are done only once in your lifetime and is an invaluable tool to have as you make decisions about the health of you and your family. An assessment is truly the key to uncover health mysteries such as ideal diet, fat burning recommendations, injury prevention, heart and bone health, vitamins, sleep and more!



When the results come in I will help you to unpack the data so you can confidently make lifestyle choices that serve you. Send me a message **HERE** to order your myDNA Wellness Kit.

Love yourself...
and forget the rest!

Airing Now...

You are in for a treat if you have not already watched the latest podcast episode. Use the social links below to watch my good friend Robin Padilla, Safety Educator at DefendableMe.com. Together, we discuss the importance of safety and unpack why it is imperative to have the right tools for ourselves and our kids. In addition, we discuss how having the right tools plays a significant role in your health. When we are prepared, we can get out of fight or flight mode and have peace of mind.

This is a life-changing episode! Should you ever get into harm's way, you need to be prepared.



[SHOP NOW](#)



National Nutrition Month

5 Nutrition Tips to Support Wellness

March is known as National Nutrition Month. While it is essential to consider our nutritional habits all year long, here are a few tips to consider to improve nutrition absorption and digestion.



- Be Present when you eat
- Narrow Your Eating Window
- Sip While You Sit
- Pick Organic Plants
- Enjoy Healthy Fats
- Eat according to your DNA



Doterra Contest

I am jazzed overcome with excitement to be enrolled in a DoTerra "challenge" from March 1- May 31st. What better way to share my ripple far and wide than to pass on the benefits of using essential oils to as many people as possible.

Here is how you can take part and join in on the fun.

- ✓ Watch one of my upcoming classes
- ✓ Invite others to join the session
- ✓ Share with your friends, family, co-workers, & team, and I will help you enroll them so everyone benefits.

Do you get jazzed about winning free prizes? You could win...

- ✓ Free Lavender for starting with a 100PV order
- PV. T/ 10 ML Lavender Roller & a 15 ML Citrus Bliss for order 200PV.
- ✓ Haven't ordered in awhile? You, too, can win prizes for reactivating your account. Go to my [website](#) to learn more.

Meet Me on Zoom

Each month you can join me on a variety of Zoom calls based on your interests and health goals. Click on the course name to join the fun and access the Zoom Link:

[Introduction to Essential Oils](#)
March 1st @6:30 pm PST

[Introduction to Essential Oils](#)
March 6th @6:30 pm PST

[The Importance of Vitamin C](#)
March 9th @7:30 am PST

[Introduction to Essential Oils](#)
March 16th @7:30 am PST

[Introduction to Essential Oils](#)
March 20th @6:30 pm PST

[Eating & Supplementing According to Our DNA](#)
March 30th @7:30 am PST

LIVE
LINKS





Going Green!

Benefits of Chlorella & Spirulina

When it comes to health and nutrition, both chlorella and spirulina are rock-star superfoods that are loaded with oodles of nutritional benefits. Studies have reported that when adding either of these to your daily regimen, they can...

- Lowers factors of heart disease
- Improving blood sugar management
- Support proper cell growth and brain function due to Omega 3's
- Neutralize free radicals in your body due to antioxidants
- Detox organs and body tissue
- Aid in weight loss and supports colds, Crohn's Disease, constipation, bad breath, ulcers, attention deficit-hyperactivity disorder, diabetes, stress, anxiety, and premenstrual syndrome.

In the Spotlight

AMLApure Super C

Keeping up with our family's wellness is certainly on the top of our priority list. On top of that, life is busy and nobody has time to get sick, am I right? I am elated to introduce AMLApure Super C, a product that stays in my family's wellness cabinet and deserves all the raving reviews. It is...

- Organic & Vegan (Plant Based)
- 2x more effective than Ivermectin
- No capsules to swallow & a great source of Quercetin, Vitamin C, Licorice, Piperine & Zinc
- Absorbs 400 x's faster into the bloodstream compared to synthetic Vitamin C.
- Antioxidants within AMLA are effective scavengers of free radicals in the body

Contact me to order yours today!

From Picky Eaters to Asking for More

As our little ones are young it is vital to instill proper eating habits and routines. But, if you're a mom like me, you know this is sometimes easier said than done. Between picky eaters and busy bodies, our children don't always give us a five star review when it comes to what we serve them at mealtime.

Here are a few tips to empower them take ownership over the food on their plates:

- Allow your children to be present in the food making process.
- Give them the opportunity to pick out nutritious foods at the grocery store
- Pack lunches together
- Let them chop, mix, and stir alongside you.

The habits you start today with the littlest loves in your life, will last a lifetime!



Noteworthy News

Afraid you're going to miss out?

No need to lose out on a good night's rest. We've got your back. Sign-up using the link below to keep up with the latest wellness tips, events, specials.

STAY IN THE LOOP

IT IS GREENER ON THE OTHER SIDE

Over 100 million Americans experience allergy-like symptoms each year. Yes, that's 100 million! Most people try to band-aid their coughing, sneezing, and itchy eyes with prescriptions or over-the-counter medications.



Let me tell you. The grass IS greener on the other side when you support yourself during the springtime with essential oils. One of our favorite combos during this time of year is what I like to call the "Triple Threat," a combination of Lemon, Lavender, & Peppermint. It is ideal to apply them on your feet or temples. Likewise, diffusing them around you during the day helps to open the airways. Tri-Ease, a DoTerra product, is also another powerhouse when it comes to this time of year. If you find this insufficient, you may want to consider a liver cleanse. I recommend scheduling a consultation with me so we can find the root cause of your symptoms.

"Smell the flowers every chance you get."



SCHEDULE NOW

STAYING CONNECTED

I am here to help. So, if you are looking to connect or get your questions answered, feel free to reach out. I am happy to schedule a free 15-minute consultation and I'll point you to the service or products that meet your needs.



www.OneDropofHopeataTime.com

OneDropofHopeataTime@gmail.com

SLEEP IS THE BEST MEDITATION:

TIPS FOR GETTING INTO A DEEP SLEEP

National Sleep Awareness Week is March 10th-16th, so naturally, I decided to share some tips for getting a restful and restorative night's sleep. Did you know that 1 in 4 Americans develop insomnia each year, and approximately one-third of Americans sleep less than 7 hours per night? When we sleep, it is our body's time to restore, repair, and heal. It's our time during the day when we turn off the TV and the noise from the outside world, but why are so many individuals still not getting a good night's rest? Here are some tips to help you sleep better at night so you wake up eager and ready to face the day.

- Move your work out of the bedroom
- Keep cell phones away from your bed
- Remove and/or cover blue and white lights from TVs & routers
- Use EMF protectors for Wifi in the bedroom
- Sleep in cool temperatures
- Be sure your room is tidy because clutter keeps the mind busy
- Keep your bedroom a sacred space (Use essential oils, maintain clean sheets)
- Keep bed clean by going to bed with clean feet & free of pets
- Write it down, let it go! Keep a pen & paper next to your bed to jot down racing thoughts and ideas
- Try using DoTerra's product Serenity or taking a supplement with Valerian Root



Everything you do, you'll do better with a good night's sleep.