







## Option 1: Rotate each oil on a daily basis

Amount: Enough to cover your fingertip, use once or twice a day around the belly button or on the feet. This is approximately 1 drop per 50 lbs. of body weight (smaller people have smaller fingers).

-  **Day 1: Bio Balance 1**
  -  **Day 2: Bio Balance 2**
  -  **Day 3: Bio Balance 3**
  -  **Day 4: Bio Balance 4**
  -  **Day 5: Organ Balance**
- Repeat Every 5 Days For 5 Months**



## Option 2: Use an oil each month

Use one of the BIO-BALANCE oils for an entire month (it should be gone in a month), with one week of the ORGAN BALANCE between each oil. The total should be 5 months.

