



12 Days of Christmas Self Care Challenge

*Tips and ideas to take care of
yourself this holiday season*



Pamper yourself at home with these relaxing tips

Day 1

Preventing achiness after your workout

Day 2

Write 10 things you are grateful for

Day 3

Dare to do it! Nars quote

Day 4

*Set your alarm 10 minutes later than normal. A little extra sleep
will do you good this season.*

Day 5

*Sit down and have a soothing cup of tea. We recommend Tao of
Tea for your brewing delights.*

Day 6

Brain - supplements for cognitive support

Day 7

Blood sugar: glucobalance and chromium

Day 8

Heart day: coenzyme q10

Day 9

Foods that provide energy / or foods that help detox the body

Day 10

mushrooms: help the immune system

Day 11

meditate on a quote

Day 12

Treat yourself! Buy a plant to detoxify your house.



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**Natural Hormone Replacement
for Men & Women**

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