

duggan sisters' top tips for *healthy pits*

Bathing: *20 minutes*

Your lymph is holding onto old deodorants. Soaking helps lymph to soften and **release stored toxins**. **20 minutes** in a smartsoak® rebuilds joints, moisturizes skin, improves brain function and restores muscle tissue. Ours is de-chlorinated, NATURALLY. Ban the bubble. Get smart and start bathing, TODAY!

Bouncing: *10 minutes*

Invest \$30 in a mini-trampoline and rebound **10 minutes** daily to **stimulate lymphatic flow**. Even immune challenged individuals can master this gentle, but powerful workout. 33 medically proven health benefits can be yours, TODAY!

Boutenko: *5 minutes*

Create 32 ounces of **pain reducing and colon cleansing** nutrition in just **5 minutes** daily. Lymph flows more readily into thin blood. Improve your lymphatic function with a Boutenko green smoothie. Get YOUR copy of Green for Life, TODAY!

Minutes a day can guarantee your success.

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