

NEW ENGLAND NATUROPATHIC
CLEANSE & DETOX BINGO

Bingo

DRY SKIN BRUSHING BEFORE EVERY SHOWER OR BATH	JUICED PRODUCE DAILY FOR A WEEK	THERAPEUTIC BATH WITH SALTS	SAUNA THERAPY	LYMPHATIC MASSAGE
CARDIO EXERCISE FOR 30 MINUTES	MINDFULNESS MEDITATION FOR LETTING GO	64 OZ. PURE WATER BETWEEN MEALS	HERBAL BITTERS BEFORE DINNERS	SUNBATHING
PRACTICED DEEP BREATHING X 10 MIN DAILY	HERBAL DETOX TEA EVERY DAY FOR A WEEK	Free	TOOK A SOCIAL MEDIA BREAK FOR THE WHOLE DAY	NO CAFFEINE FOR 3 DAYS
SHOT OF FIRE CIDER DAILY	BEDTIME BEFORE 10:00 PM	6 MINUTE MIRACLE MORNING EXERCISE FOR THE MONTH	NO REFINED CARBS OR FLOUR PRODUCTS FOR A WEEK	AVOIDED ALCOHOL FOR A WEEK
GOT IN 5000 STEPS MINIMUM BEFORE COUNTING EXERCISE	WENT OUT IN NATURE FOR THE EXPERIENCE	WORE ALL NATURAL FIBER CLOTHING FOR A WEEK	WROTE IN MY JOURNAL	OUT OF BED WITHIN A HALF HOUR OF SUNRISE

PRINT OUT BINGO CARD, PUT THE DATE OF
COMPLETION IN EACH BOX, AND EMAIL TO
OFFICE FOR A CHANGE TO WIN A WELLNESS
BASKET OF GOODIES!