

Rebalance your endocrine system with sight (color), sound (music) and smell (essential oil) and taste (plant oil)

Directions: On each day, wear or be surrounded by the color that connects with that day; listen to the music that connects with that day, and smell (wear as a perfume) the oil that connects with that day. It gives energy to those organs to help balance, support and strengthen each endocrine gland.

Rebuild Hormones with Plant Oils each day of the week!

DAY	COLOR	MUSIC	ESSENTIAL OIL	PLANT OIL	RECEIVING ENERGY
SUNDAY	Yellow	Strings	Immortelle	Evening Primrose	Pituitary Gland
MONDAY	Pink	Harp	Rose	Rose Hip	Thymus Gland
TUESDAY	Blue	Brass	Rosemary	Borage Seed Flaxseed	Thyroid Parathyroid
WEDNESDAY	Green	Piano	Angelica Root Cypress	Pumpkin Seed	Pineal Gland
THURSDAY Drink more water	Purple Gold	Organ	Hyssop	Black Currant Drink more water	Pancreas Adrenals
FRIDAY	White	Drums	Jasmine Sandalwood	Wheat Germ	Uterus Prostate
SATURDAY	Violet (pink-blue)	Woodwinds	Lavendar Violet	Sesame Seed	Ovaries Testes