

QUICK START GUIDE

1

Are you sufficiently and consistently hydrating?

2

Are you supplementing daily with Magnesium and Essential Fatty Acids (fish or flax oil)?

3

Are you getting plenty of sunshine or supplementing with Vitamin C daily?

4

Are you consciously choosing positive thoughts and attitudes? Are you expecting solutions?

5

Are you getting sufficient sleep?

6

Do you have a spiritual practice and are you keeping up with it?

7

Are you using any techniques to process emotional patterns that are releasing? (EFT, Emotion Code, Meditation, Acupuncture, etc.)

8

Have you turned FLFE On/Off, used your boost, or adjusted the slider on your control panel to feel a difference?