

FIBROMYALGIA SUPPORT TOOLS & DAILY PROTOCOL

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Aromatherapy for Emotional & Physical Support

I recommend the Premium Starter Bundle from Young Living for anyone beginning this journey. It includes 12 essential oils — including some of my personal favorites: Frankincense, Peace & Calming, Lemon, and Peppermint. You will be using several of these in *The Fibro Warrior Daily Reset*.

These oils support your emotional balance, nervous system, immune health, and gentle detox. Diffusing them daily helps activate the limbic system where trauma and emotion are processed, supporting a more regulated response to stress and pain.

Daily Wellness Bundle

This bundle includes 30 packets of NingXia Red, a box of Nitro, and Orange + Lime Vitality oils. It's a powerful combination to support energy, focus, inflammation, and antioxidant protection.

Gentle Daily Detox Recipe

Take one 00-size capsule filled with 5 drops Lemon Vitality and 5 drops Peppermint Vitality each morning. This combination gently supports digestion, detox, and the removal of excess fluid and inflammation.

(Orange or Lime may substitute Lemon essential oil here.)

Foundational Supplements

- **Master Formula** – A high-quality, bioavailable daily multivitamin that provides foundational nutrition in a 30 day supply.
- **Mineral Essence** – Most fibromyalgia sufferers are deeply mineral-depleted. I recommend 3 droppers in warm water with lemon juice and a drop or two of stevia, taken first thing in the morning.

THE FIBRO WARRIOR DAILY RESET

Morning

- Wake up and speak affirmations over your body.
- Drink warm water with lemon, Mineral Essence, and stevia.
- Take daily detox capsule (Lemon + Peppermint).
- Drink 2 oz of NingXia Red.
- Take Master Formula, Super B, and Super Vitamin D with breakfast.
- Apply essential oils (Valor, Frankincense, or Citrus oils) to neck or wrists.
- Gentle movement: 10–15 minutes of walking, stretching, or rebounding.
- Quiet time or prayer to set your tone for the day.

Midday

- Use Deep Relief roll-on as needed for tension or discomfort.
- Stay hydrated with clean, mineral-rich water.
- Take AgilEase or BLM (alternate on different days or use both if needed).
- Use essential oils in diffuser or apply topically to maintain emotional support.
- Rest if your body needs it — even 15 minutes makes a difference.

Evening

- Drink another 2 oz NingXia Red
- Start diffusing calming oils like Lavender 30 minutes before bed.
- Take Super Magnesium + Deep Night Essence one hour before bed.
- Apply Peace & Calming on your feet.
- Journal: Reflect on your wins, no matter how small.
- Speak gentle, life-giving words to your body before bed.