Sleep Apnea and heavy snoring

Clean the colon and liver
Use The Cleansing Trio and the Juva Products.

Hydrate
Drink pure water – ½ your body weight in ounces

Nutrition
Eliminate processed and denatured foods

Oils
Thyme and/or Peace & Calming on the tops of the feet, rubbed between the toe muscles, and under the toes.