

1st Time Sipping Noni

Drink 8 oz water 1st, then 1 ounce Noni juice (2 TBLS)

Reference Point	Before your 1st Serving	After your 1st Serving
Tightness of lungs		
Clarity of eyesight		
Level of Energy		
Degree of Stress		
Quality of centeredness		
Other sensations you may be aware of		

Reexamine yourself

Go through each point. Does your body feel a difference. slight difference, big difference, no change.

- Deep breath. Can your lungs take in more air? Is it easier to exhale without coughing? Noni helps the body receive and use O₂
- Eyes - blurry? vividness of colors? - Noni supports the brain in receiving and translating information.
- Do you feel more energized? Noni helps improve cellular function
- Do you feel more calm and relaxed?
- Warmth in body?
- Any ease of symptoms if you have a health issue?
- Does your body feel more integrated or connected

(Chart and notes taken from 101 Ways to Use Noni Fruit Juice by Isa Navarre, pg 7-15)

Steps

1. Drink 8 oz water 1st if you feel like you could be dehydrated
2. Evaluate how you feel and record above
3. Drink 1 ounce Noni juice (2 TBLS)
4. Evaluate how you feel and record above

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Box 30 pouches



2 bottles Noni



4 bottles Noni

