Your Essential Oil Continuing Education

Introduction to Essential Oils

- Essential oils empower us to care for our health and wellness in a natural, safe, & affordable way.

- If you haven’t participated in your Natural Solutions Class, please visit jadebalden.com/intro to learn the basics of essential oils and how we use them.

Learn How To Live A Natural Solutions Lifestyle

- Tap into the amazing abilities of essential oils to improve your overall wellness in the following areas:
  - Proactive Medical Care
  - Informed Self Care
  - Reduce Toxic Load
  - Rest & Manage Stress
  - Exercise
  - Eat Right

- To experience a FREE Lifestyle Overview, schedule one with me today.

Our Five Core Natural Wellness Classes

Complete all of our Five Wellness Classes and receive a FREE Essential Oil of your choice up to ___ points in value!

- Family Wellness
- Cleanse & Restore (Detox Naturally)
- Maintain Healthy Weight
- Health & Hormones
- Reducing Toxins & Green Cleaning

www.jadebalden.com/intro
Step 1. Unbox & Review
- Review the essential oil basics & products you purchased
- Log onto www.doterra.com Your ID: __________ Password: __________

Step 2. Resources
- Online: www.doterra.com: ____________
- Essential Oil Guides: _see benbalden.com/guides_
- Facebook Support Group: Essential Oil Users - Baldens
- Events: ____________

Step 3. Buy At The Best Price
- Each product has a PV (product value, international equalizer)
- Two ways to order: LRP or Standard Orders
  1. Standard Orders - Wholesale prices (25% off retail) / One-time orders
  2. Loyalty Rewards Program Orders (LRP)-monthly reoccurring orders
  - Earn product points redeemable for free products (12-month expiry)
  - Only $3 redemption fee for point redemption
  - Get shipping cost back in product points
  - No LRP in the first calendar month
  - No limit on the number of LRPs each month

Step 4. Four ways to participate in dōTERRA
- Get financially compensated for sharing with others
  - Wholesale Customer Only
  - Sharing (giving referrals) ★ “Get Your Oils For FREE★
  - Actively Sharing ★ *Supplement Your Income★
  - Make Sharing your Business ★ *Replace Your Income★

Step 5. Participate in our Wellness Product Classes
- Learn the lost art of healing with essential oils & natural solutions.
  Pre-agreed completion gift from enroller: ____________
  - Family Wellness
  - Cleanse & Restore
  - Maintain Healthy Weight
  - Health & Hormones
  - Reducing Toxins & Green Cleaning
  - ...and much more...

WELCOME TO DÔTERRA

Name: ____________________

MAXIMIZE YOUR DÔTERRA MEMBERSHIP
www.jadebalden.com/new
1. doTERRA CPTG, Safety & Dosage

- **Certified Pure Therapeutic Grade (CPTG)** is a high quality standard
  - Most tested, most trusted essential oils (beyond organic)
  - Sourced for therapeutic potency

![CPTG Diagram]

- **Everyone is different. Start with these recommendations.**

<table>
<thead>
<tr>
<th></th>
<th>Ideal Amount</th>
<th>24 hour Max</th>
<th>Ideal Amount</th>
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<tr>
<td>Internal</td>
<td>2-4 drops</td>
<td>12-24 drops</td>
<td>1-2 drops</td>
<td>3-12 drops</td>
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<tr>
<td>Topical</td>
<td>3-6 drops</td>
<td>12-36 drops</td>
<td>1-2 drops</td>
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<td>N/A</td>
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For optimal benefits:
1. Apply consistently
2. Dilute on skin
3. Address issues singularly
4. Approach health holistic

2. Common Family Concerns

- **Head & Neck**
  - **Aches & Tension**: Mix and rub on Lavender, Peppermint, Frankincense, & Copaiba
  - **Focus & Learning**: Apply InTune & Balance + Diffuse Wild Orange & Peppermint
  - **Overheated**: Lavender, Peppermint, & Frankincense – mixed and rubbed on body

- **Shoulders, Knees & Muscles**
  - **Aches & Tension**: Apply PastTense on shoulders
  - **Muscles**: Consider using all or some topically, AromaTouch, Deep Blue (Ice Blue), Lemongrass, Siberian Fir, Peppermint, Copaiba, Marjoram

- **Tummy & Gut**
  - **Digestive Support**: Peppermint, Lemon, Fennel, DigestZen can be taken internally
  - **Enzymes**: Take TerraZyme throughout the day to help soften stool
  - **DigestTab**: Chewable calcium carbonate for occasional heartburn & indigestion

- **Other Family Health Concerns**
  - **Respiratory**: Breathe oil, Vapor Stick, Throat Drops, Peppermint & Eucalyptus
  - **Sleep**: Serenity (Lavender Peace) Softgels & Oil, Vetiver, Juniper Berry, & Cedarwood
  - **Skin**: Lavender, Frankincense, Melaleuca (Tea Tree), & Correct-X

- **Immunity & Immunity Blend**
  1. Use On Guard+ Softgels as needed
  2. **Daily Immunity Boost** – Make this blend in a 10mL roller bottle. Fill the rest with Fractionated Coconut Oil & rub on feet. Also, diffuse this blend regularly. Substitute Arborvitae with Lemon when taking internally.

  ![Immunity Boost Diagram]

  **Daily Immunity Boost**
  - 5 drops On Guard
  - 4 drops Oregano
  - 3 drops Frankincense
  - 2 drops Melaleuca
  - 1 drop Arborvitae

  Infants x1, 5yrs+ x2, Teens & Adults x3 in 10mL roller bottle *Melaleuca=Tea Tree
1. Elimination & Isolation

- Our body either eliminates toxins & waste through feces, urine, & sweat or isolates them in the fat cells.
- When we detox, our cells release toxins into our blood stream. Detoxing may make us feel uncomfortable. Drink lots of water. It's ok. Keep going.
- Assist the body to eliminate through the bowels and bladder by relaxing the digestive system. Inhale and apply Sandalwood & Balance oil.

2. 30-Day Cleanse & Restore

- **LifeLong Vitality Pack:** Nutritionally cleanse & feed cells
  - Antioxidants, DNA, Energy, Cardiovascular, Brain & Nervous system, Immunity
- **TerraZyme:** Rebuild tissues with this 10-enzyme-complex
  - Breaks down proteins, sugars, starches, fats, lactose, fructose, glucose, & gluten
- **Zendocrine Complex & Softgel:** Detox liver, kidney, bladder, lungs, & skin
  - Rosemary, Juniper Berry, Cilantro, Geranium, & Tangerine essential oils
- **GX Assist:** Cleanse gut bacteria & fungi with GI cleansing formula
  - Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, & Thyme essential oils
- **PB Assist:** Re-establish gut flora with double-encapsulated probiotics
  - High quality live probiotics helps with immunity, digestion, & mental clarity
- **DDR Prime:** Support healthy DNA response
  - Lemongrass, Thyme, Frankincense, Clove, Summer Savory, & Niaouli oils
- **Lemon oil:** Help body cleanse toxins, old mucus, & petrochemicals
  - Energy, immunity boosting, focus & mental clarity. Drink citrus oils in GLASS!

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**doTERRA 30-Day Cleanse & Restore Program**

<table>
<thead>
<tr>
<th></th>
<th>DAY 1-10: ACTIVATE</th>
<th>DAY 11-20: RESET</th>
<th>DAY 21-30: RENEW</th>
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<tbody>
<tr>
<td>Lifelong Vitality</td>
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<tr>
<td>TerraZyme</td>
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<td>Zendocrine Complex</td>
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<td>GX Assist</td>
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<td>PB Assist</td>
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<td>DDR Prime Softgels</td>
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<tr>
<td>Lemon oil</td>
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</table>

- **Lifelong Vitality:** Start on day 1 and take for 30 days. 2 capsules of each with breakfast & dinner
- **TerraZyme:** Start on day 1 and take for 30 days. 2 capsules with breakfast & 2 capsules dinner
- **Zendocrine Complex:** Start on day 1 and take for 30 days. Take 1 capsule with breakfast & 1 capsule with dinner
- **Zendocrine Softgel:** Take 1 capsule at breakfast & 1 at dinner
- **GX Assist:** Start on 11th day. Take 1 with evening meal
- **PB Assist:** Start on 21st day. Take 3 with evening meal
- **DDR Prime Softgels:** Take 1 softgel with breakfast & 1 at dinner
- **Lemon oil:** Drink 2 drops of Lemon oil in 8 oz water 5 times a day

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**NATURAL WELLNESS CLASS #4**

[www.jadebalden.com/cleanse](http://www.jadebalden.com/cleanse)
3. What's Next?

- Repeat 30-Day cleanse every 4 months until you have stronger joints, more energy, clearer skin, nicer breath, a clearer mind, several bowel movements per day, better sleep, and healthier hair and nails.
- Continue with the Lifelong Vitality Pack, TerraZyme, and Zendocrine for daily maintenance.
- Reduce sugars, corn, wheat, dairy, soy and inflammatory substances

4. What's Happening On The Inside?

- Your body is cleansing out toxins from drugs, fungus, bacteria, petrochemicals, parasites, & debris from your cells.
- These toxins causes inflammatory disease & other issues.
- Cellular miscommunication cause diseases. Toxins and 'invaders' disrupt cellular functions and damage and mutate cells causing disease. When we have clean cells, we have healthier tissues. Healthy tissues means healthy organs. Healthy organs means a healthy YOU!
1. Mind & Spirit Foundation
   - Work on Self-Love first. You are enough because you are divine.
   - Develop a belief that a healthy weight is your natural & balanced state
   - Reduce stress & play daily (Use your happy essential oils to help)

2. Body
   - Detox the body with 30-Day Cleanse & Restore
   - Rest & sleep well: Use Serenity Softgel & Oil, Balance, Juniper Berry, Vetiver
   - Balance hormones: Women’s Health Kit, Whisper, Sandalwood, other floral oils
   - Slim & Sassy oil blend: Manage appetite, energy, metabolize fat, insulin support
     (*Slim & Sassy = Smart & Sassy)

   **Slim & Sassy (Smart & Sassy) metabolic blend:**
   - Add 1-3 drops in water up to 5 times a day

   - Bad oils (canola, vegetable, hydrogenated oils): These cause inflammation
   - Low quality carbs: These cause inflammation & are not nutritious
   - Skipping meals: Cause your body to slow metabolism and store more fat
   - Pro-Inflammatory foods: Basically refined & overly processed foods
   - Refined sugars: Fructose is metabolized by the liver, which turns it into fat
   - Stress & no rest: Stress triggers the over production of cortisol: more fat deposits
   - Xenoestrogens: High estrogen levels causes the body to be in fat-storing mode

4. Metabolic Boosters: Burn More Energy At Rest!
   - Get great sleep: Balance hormones, cleanse the brain & body in your sleep
   - Weight training: The more muscles we have the more fat we burn
   - Slim & Sassy Blend: Take throughout the day to support your metabolism
   - Mixed intensity exercise Deep Blue Rub will help with muscles.
   - Eat 5-6 small meals a day:
     - Eat every 3 hours. dōTERRA Trim Shake meal replacement makes it easier to replace a meal
1. Hormone Imbalance Concern
- Your body knows how to heal. You can take control of your health.
- The receptor-sites on your cells are constantly scanning & balancing your chemical levels. Toxins blocking cell receptors can disrupt communications & cause hormonal imbalances.

2. Support Hormone Balancing
- Phytoestrogen Complex: Natural blend of plant estrogen to balance hormones
- ClaryCalm & Whisper: Rub on lower abs, wrists, inside of forearms, back of neck. For cramps, night sweats, hot flashes, headaches
- Bone Nutrient Complex: Natural blend of Calcium, Vitamin C & D, Magnesium
- Sleep Well: Serenity oil & softgels, Balance, Juniper Berry, Vetiver, Cedarwood. Rub on &/or diffuse.
- Cleanse & Nourish Cells: Drink citrus oils daily, 30-day Cleanse & Restore, Lifelong Vitality Pack

Xenoestrogens are synthetic compounds that mimic natural estrogens in the body causing overstimulation of normal body functions.

- Irritability
- Weight gain
- Lower libido
- Allergies
- UTI
- Skin wrinkling
- Anxiety
- Water retention
- Hot flashes
- Headaches
- Bone loss & aches
- Hair loss
- Facial hair
- Depression
- Poor sleep patterns
- Vaginal infections/dryness
- Breast cell over-stimulation
3. Manage Emotions & Moods

- Imbalance hormone levels can cause emotional instability.
- When essential oils are diffused, odor molecules trigger production of happy, calming, & healing chemicals in the brain.
  
  In the relaxed state, the brain triggers healing hormones: Oxytocin, Nitric Oxide, Dopamine, Endorphins

- Mood Management Oils to Diffuse:
  - Citrus Bliss: Invigorated, stimulated, creative
  - Balance: Grounded, reassured
  - Serenity (Lavender Peace): Calm, composing, relaxed
  - Elevation: Inspired, encouraged, optimistic

- Emotional Aromatherapy Oils:
  - Motivate: Hopeful, energized, confident
  - Cheer: Uplifted, joyful, determined, restored
  - Passion: Inspired, alive, spontaneous
  - Forgive: Light, free, tolerant, renewed, empathetic
  - Console: Comforted, whole, serene, healed
  - Peace: Content, still, spiritually connected

4. Energy & Vibrations

- Our thoughts, feelings & emotions can physically manifest if left unresolved.
- Healthy people have high vibrations, and sick people have low vibrations.
- Essential oils have high energy vibrations. Look up essential oils in the Emotions & Essential Oils book to help you understand how to raise your vibration by changing thoughts and beliefs.
1. Overload Of Toxic Chemicals

- Overload of chemicals + toxic environment = chronic diseases
- Top 12 Cancer Causing Products* In The Home
  1. Baby powder
  2. Makeup
  3. Toothpaste
  4. Shampoos & Conditioners
  5. Hair dyes
  6. Bleach & cleaning products
  7. Disinfectant sprays
  8. Pet flea collars
  9. Weed poison
  10. Hot dogs
  11. Milk
  12. Laundry detergent

*These toxins are Neurotoxins & Endocrine disruptors

2. Replace toxins with green-cleaning alternatives

- On Guard Cleaning Concentrate: Makes 12 bottles of all purpose cleaners
- On Guard Laundry Detergent: 64 Loads 42° per load
- On Guard Foaming Handwash: Refills 2 pump bottles
- On Guard Natural Whitening Toothpaste & Mouthwash: Fluoride-free, On Guard, Myrrh, Peppermint and Wintergreen
- Natural Hand Sanitizer: Mix On Guard & water (or Aloe vera gel)

3. Use toxic free products

- Skin Care: Verage Skin Care Collection, HD Clear Collection, Reveal System
- Hair Care: Protecting Shampoo & Smoothing Conditioner
- Natural Lotions & Soaps: Moisturizing without harsh surfactants
- Natural Bug Spray: Spray TerraShield (TerraArmour) on clothes, skin, window sills

4. DDR Prime: Protect & Support Proper Cell Functions

- When the cells are sick they should either repair or self-destruct. Protect the body against oxidative stress to cellular DNA. Use DDR Prime daily. Your cells have 3 jobs.
  1. Duplication (Mitosis)
  2. Specialized Function
  3. Self-destruct (Apoptosis)

   Cancer cells are mutated cells that do not self destruct.