

Recommend Books and Resources

Get yourself a guide....

Modern Essentials

The best reference book for looking up oils and ailments

Emotions and Essential Oils

Learn about emotions and what they mean

The Essential Life

Oils, ailments, recipes, and lots of ideas



Go to jadebalden.com/books/ for links to the latest editions!

Get resources....

New to doTERRA? - jadebalden.com/new

- videos and lessons to help you get the most out of your oils

Detoxing - jadebalden.com/cleanse

- everything you need to naturally cleanse and restore your body

Babies, Birth, & Pregnancy - jadebalden.com/pregnancy

- oils and suggestions to keep you and your little on well (+eBook)

Connected Kids, ADD, Kid's Focus - jadebalden.com/connectedkids

- oils and protocols to help be focused, grounded, and calm

Sleep - jadebalden.com/sleep

- understand sleep and how to get satisfying sleep naturally

Stress - jadebalden.com/stress

- a list of essential oils that help manage stress

Thyroid - jadebalden.com/thyroid

- how to care for and support your thyroid

Headaches - jadebalden.com/headaches

- different types of head or neck tension and how to soothe them

Blood Pressure - jadebalden.com/blood-pressure

- tips for supporting a healthy blood pressure

Diabetes - jadebalden.com/insulin

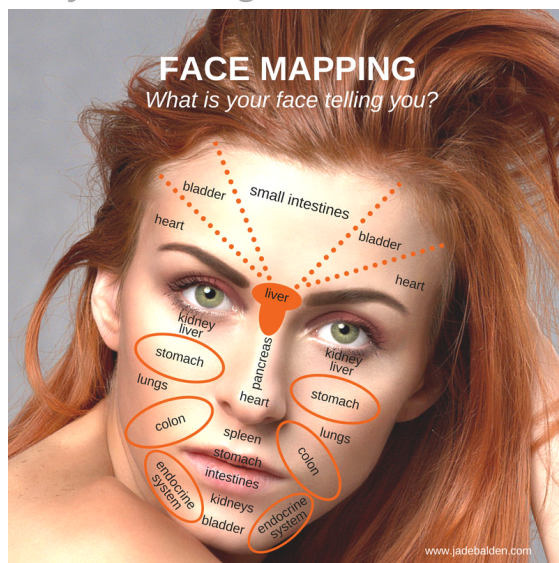
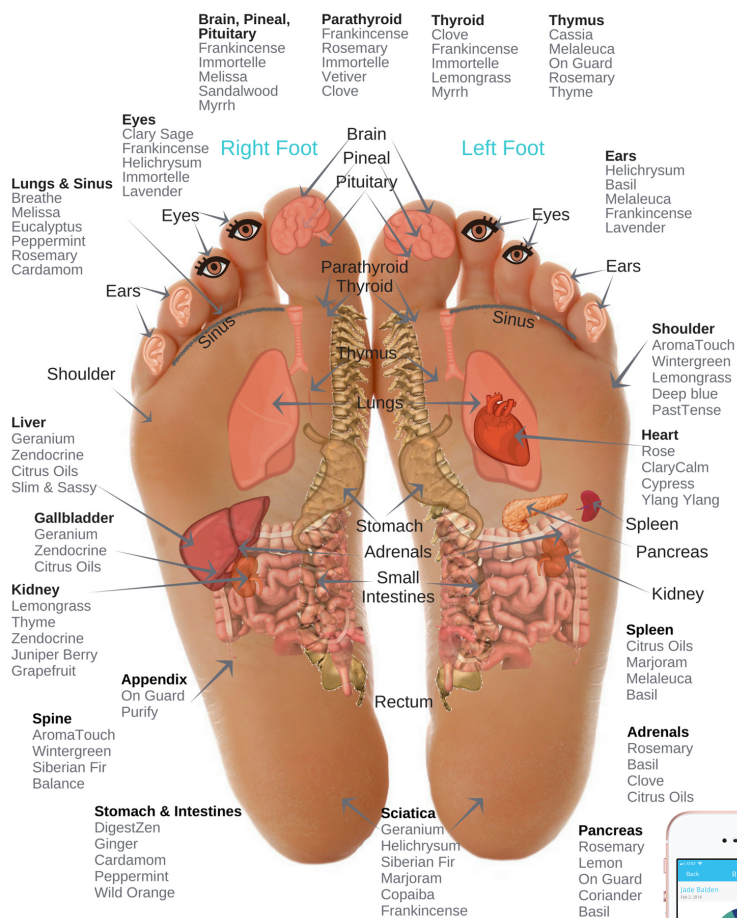
- how to promote a healthy insulin response

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Get more resources....

- Foot Reflexology** - jadebalden.com/footreflexology/
- download a copy of my foot reflexology & essential oil chart
- Essential Oils & The Bible** - jadebalden.com/bible/
- learn all about essential oils used in biblical times
- Body Clock** - jadebalden.com/juniper-berry/
- view a body clock to help discover solutions for troubled organs
- Skin Care & Face Mapping** - jadebalden.com/skincare/
- learn about oils and products for skin and how to read your face
- iTOVI Bioscanner** - jadebalden.com/itovi/
- learn how to use a bioscanner and how you can get one from me

FOOT REFLEXOLOGY & ESSENTIAL OILS CHART



The Internal Body Clock

