

ESSENTIAL OILS & HEALTHY CELLS

BODY

#1 Feed Cells and Nourish the Body

1. Eat whole-foods & eliminate overly processed foods, sugars, overly processed fats & oils
2. Feed cells with quality supplements. The **LifeLong Vitality Pack** contains food based vitamins and minerals
3. Drink a lot of water with citrus oils
4. Take enzymes to assist the body in breaking down food and repairing tissues. Use dōTERRA TerraZyme daily.



#2 Cleanse & Restore the Body

1. Cleanse at the cellular level with the 30-day Cleanse & Restore.
2. Support proper cell function with DDR Prime, Turmeric, Pink Pepper, Sandalwood, Frankincense, Tangerine, Grapefruit, Wild Orange, Cinnamon, Patchouli, Yarrow, Clove, Thyme, Arborvitae. Dilute and apply topically on or near location
3. The 3 jobs of cells: Mitosis, Specialized function, & Apoptosis. Essential oils helps cells remember how to function properly.



MIND & SPIRIT

#3 Rest, relax, & Emotionally heal

1. The emotions of cancer are self-destructive based. Heal emotionally and allow yourself to rest and sleep more. Here are some affirmations to adopt:

- I allow myself to have the peace that my soul yearns for.
- I love and accept myself fully
- I am complete
- I am aligned with my divine path & purpose
- I release all negative thoughts and emotions held deep inside of me
- I release all pains, resentments, bitterness, hatred and anger deep inside of me.



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