

# Natural Wellness Lifestyle Course



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# Section 1. Introduction

## Lesson 1. Welcome & Introduction

Hi, my friends...

The purpose of this course is to help you enjoy greater health and happiness through using natural wellness solutions. You will learn valuable life skills.

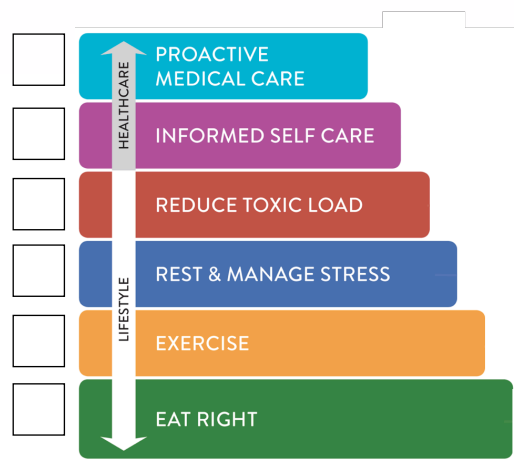
Welcome to dōTERRA. We are so happy to have you join us. My intention is to help as many people as possible enjoy the benefits of adopting Natural Solutions like essential oils into their lives.

I know you are going to love your essential oils as much as my family has. When you receive your first order, make sure you go through each product and their uses with the person who introduced you to dōTERRA. I have so much to share to help you be the empowered 'healer' you want to be. If you haven't already done so, please schedule a time with your enroller to review your products and your membership.

Love, Jade

This course is arranged into 7 sections:

1. Introduction
2. Eating Right
3. Exercise & Movement
4. Rest and Manage Stress
5. Reduce Toxic Load
6. Self-Care
7. Get the Most Out of Your Oils



### The Main Idea:

- 95% of wellness concerns can be addressed by natural solutions alone
- Use essential oils as your **first line of defense**
- Employ a handy reference book or app - no need to know it all →



YOUR GOAL: Natural Solutions Lifestyle!

- Great health
- Chemical and Toxin FREE
- Empowered self-care
- Address most any wellness issue
- Natural, Safe, and Effective
- Physical, Emotional, & Spiritual care

# Essential Oils & Natural Solutions Lifestyle

Physical	Emotional	Mental / Spiritual
<b>Digestion</b> <b>Sleep</b> <b>Energy</b> <b>Aches and Pains</b> <b>Bug Bites</b> <b>Sunburns</b> <b>Skin Blemishes</b> <b>Weight Management</b> <b>Personal Care</b> <b>And much more...</b>	<b>Sad and Withdrawn</b> <b>Depressed or Discouraged</b> <b>No Peace &amp; Unmotivated</b> <b>Positive and Supported</b> <b>Happy &amp; Secure</b> <b>Stimulated &amp; Inspired</b> <b>At Peace &amp; Safe</b> <b>Tense and Wound Up</b> <b>Angry and Impatient</b> <b>Anxiety &amp; Stress</b>	<b>Personal Empowerment</b> <b>Abundance</b> <b>Fulfillment</b> <b>Gratitude</b> <b>Clarity</b> <b>Stuck</b> <b>Abandoned</b> <b>Alone</b> <b>Incompetence</b> <b>Scarcity</b>

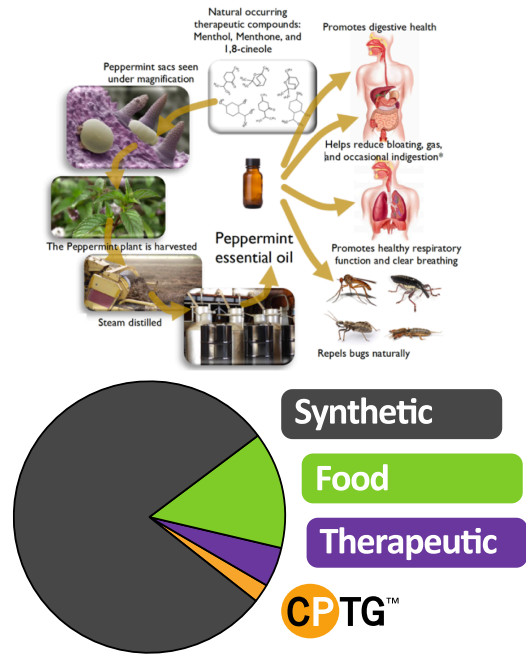
# Lesson 2. Wellness Lifestyle

The Main Idea:

Live life with increased levels of health and wellness  
 Employ natural remedies without any toxins or synthetic chemicals  
 Be empowered with many options and solutions easy to apply

Essential Oils: Key to Natural Wellness Lifestyle

- **PLANTS PRODUCE** therapeutic compounds, which help the plants survive, repair, regenerate, heal, attract friendly insects, ward off unfriendly pests, reproduce, and more
- **PLANTS STORE** these oils in leaves, flowers, stems, seeds, bark, roots...
- **PEOPLE HARVEST** the oils through steam distillation or cold press
- **PEOPLE USE** essential oils for a wide variety of therapeutic benefits like improving digestion, respiration, immunity, clear thinking, hormone balancing, regeneration of skin blemishes, cellular health, and much more
- **dōTERRA DIFFERENCE**  
 Most tested, most trusted. Aromaticsience.com,  
<https://sourcetovou.com/en>



Historical Uses of Essential Oils

Humans have been using essential oils for thousands of years food, beauty, fragrance, and medicinal benefits  
 E.g. Romans using roman chamomile for courage before going into war  
 E.g. Egyptians used essential oils in many recipes in the Ebers papyrus



Egypt



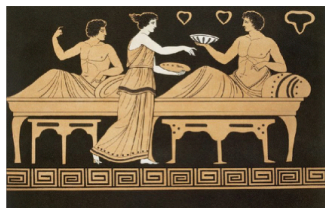
China



Arabia



Palestine



Greece



Rome



Europe



Australia

# What is a Wellness Lifestyle?

## Essential Oils Support All Levels of Health

**Eating Right** – optimize nutrition and digestion and promoting a healthy gastrointestinal track

**Exercise** – Support workout, energy, and muscle recovery

**Rest and Managing Stress** – Improve sleep, relaxation, and shut off the stress response system

**Reducing Toxic Load** – Replace household products with toxin-free solutions. Cleanse and detox toxins from the body.

**Informed Self-Care** – Taking care of wellness issues with natural solutions.

**Proactive Medical Care** – Seeking medical solutions in harmony with natural solutions.

Rate yourself 1-10

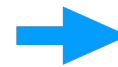


# First Line of Defense

## Responding to needs

- When something happens, **turn to** natural solutions first
- Seek **solutions in nature** before turning to invasive solutions
- Highly **concentrated**: 250 drops per 15mL bottle
- Healthy cells, make healthy tissues, healthy tissues make healthy organs, healthy organs make a healthy YOU!

1 Turn to nature first



2 Medical Care



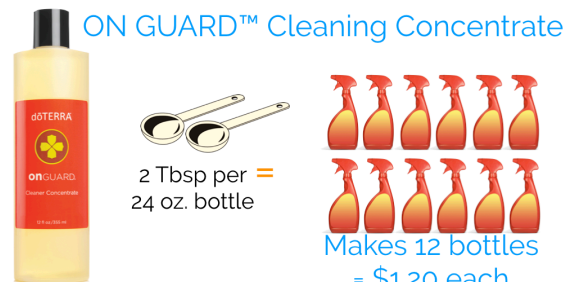
## A more affordable alternative

- As low as **8 cents a drop** or a few dollars to per solution, usually only a few drops are needed
- Many natural solutions **cost less** than toxic solutions like cleaner concentrate
- An **average family** spends over \$9,000 a year on sickness
- **Save** on copays, pharmaceuticals, over-the-counter meds, lost productivity, pain, and stress

## Supplements



You'd have to spend more than **\$250** to get the ingredients in the LLV supplements.



**\$14.50 USD wholesale**

## 3 Ways to Use Essential Oils

1. Aromatically
2. Topically
3. Internally

## Lesson 3. Basic Oil Tips

- Simple tips to make your oils work better, last longer, and are more pleasant

Effectiveness	Keep Safe	Best Practices
<ul style="list-style-type: none"> <li>• Use a reference guide</li> <li>• Try different oils</li> <li>• Massage in</li> <li>• Try different application methods</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid eyes</li> <li>• Dilute when appropriate</li> <li>• Avoid sun &amp; citrus</li> <li>• Read labels</li> </ul>	<ul style="list-style-type: none"> <li>• Keep oils protected from heat and light</li> <li>• Use glass drinking bottles</li> <li>• Start with smaller amounts</li> </ul>

## How Much How Often? – Normal dosage

- Normally, only a few drops are needed per application
- Use a roller bottle, dropper, or mist sprayer to apply diluted amounts

APPLICATION	ADULT		CHILD	
	Ideal Amount	24 hr Max	Ideal Amount	24 hr Max
Aromatic	-	-	-	-
Internal	2-4 drops	12-24 drops	1-2 drops	3-12 drops
Oral	1-3 drops	4-18 drops	-	-
Dermal	3-6 drops	12-36 drops	1-2 drops	3-12 drops

# Essential Oil Accessories Guides & Reference Books

How do you know what oil to use for what situation? You use a guide. Here are the guides I recommend:

## Modern Essentials Reference Guide

- Find oils for any wellness goal
- Look up each oil to learn how to use
- History, DIY, Science, General knowledge



Get this at  
Amazon.com



## Modern Essentials Smartphone App

- Look up oils on the go
- Find oil solutions for ailments
- Very convenient
- Not as much information as the book



iTunes



Google Play

## The Essential Life

- Less like a reference book
- Like a blog book with recipes, articles
- Great for understanding areas of wellness



The App



Get the book

## Emotions & Essential Oils

- Look up the oils
- Learn about the emotions behind them
- Understand the emotional roots of your essential oil needs



Get this at  
Amazon.com



See more at <https://benbalden.com/guides/>



# Storage Solutions

## Oil Bag

- Carries 124 oils bottles
- Pocket for booklets
- Sturdy and strong



## Key Chains

- Holds 8 oils
- Attaches to keys
- Portable & convenient
- Easy to share



## Oil Box

- Holds 25 oils
- Keep organized
- Wooden
- Holds 15 & 5mL bottles



## Roller Bottles

- Make your own blends
- Reusable
- Easy to carry & apply



## Nasal Inhalers

- Add a few drops of fav. oil
- Extends life of oil
- Inhale mood or emotional oil



## Diffuser Chakra Bracelets

- Diffuse right on wrist
- Lava beads soak oils
- Chakra gems both decorative and therapeutic



## Diffuser Necklaces

- Easy to diffuse
- Change felt pad color
- Bring fav. oils scent with you



## Car Diffuser

- Diffuse in the car
- Easy to fill and use
- Calm down or stay alert



See more at <https://benbalden.com/accessories/>

# Section 2. Eating Right

## Lesson 1. Digestive Support

### The Importance of Digestion

- To be in good health, your body needs sufficient fuel and nourishment
- A healthy gut means a strong immune system and clear thinking
- Healthy digestion brings energy, vitality, and avoids many discomforts

### What happens when digestion does not work right

- |  |  |
|--|--|
| <input type="checkbox"/> Lack of energy      | <input type="checkbox"/> Malnourished  |
| <input type="checkbox"/> Always hungry       | <input type="checkbox"/> Headaches     |
| <input type="checkbox"/> Weakness            | <input type="checkbox"/> Bloating      |
| <input type="checkbox"/> Weight gain         | <input type="checkbox"/> Gas           |
| <input type="checkbox"/> Diarrhea            | <input type="checkbox"/> Constipation  |
| <input type="checkbox"/> Heartburn           | <input type="checkbox"/> Stomach pains |
| <input type="checkbox"/> Nausea and vomiting | <input type="checkbox"/> Bleeding      |

tick the boxes that apply to you



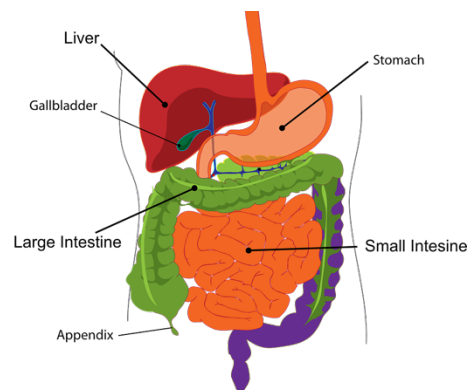
### A World Without Natural Solutions – How would you deal with it?

- Deal with it – endure the discomfort
- Antacids or other meds
- Surgery or other harsh or invasive treatments

## Essential Oils Can Support a Healthy Digestion

### How oils can help

- Taken **internally** or applied **topically** on the abdomen, oils can soothe and support many normal body functions
- CPTG essential oils are natural, safe, **effective, easy to use**, and always available
- Natural compounds work with biochemical pathways on a cellular level to address issues at the **root cause**
- Oils can also be used for symptom management to soothe, calm, or relieve feelings of tension and tightness



## Your Essential Oils Solutions for Digestion\*

### Peppermint

- Soothes digestive discomfort
- Take with water
- Apply on belly



### Fennel

- Helps with digestion
- Promotes metabolism
- Helps fight cravings



### Ginger

- Supports healthy digestion
- Reduces nausea
- Soothes occasional gas and bloating



### Lemongrass

- Take internally to promote healthy digestion
- Soothes digestive issues
- Massage on belly



\*Many more in essential oil guides

### Digestive Oils in DigestZen



**Tarragon:** Maintains health of the digestive organs\*



**Caraway:** Supports healthy elimination of intestinal gas\*



**Anise:** Promotes healthy digestion\*



**Ginger:** Healthy appetite, reflux, and heartburn\*



**Coriander:** Digestive track, regular stool movement\*



**Fennel:** Sluggish bowels, flatulence, abdominal cramps\*



**Peppermint:** Digestive discomfort, soothing\*

- Take internally, topically, or aromatically
  - Oil – diffuse this, add it to your water
  - Roll on – rub on abdomen or feet
  - Softgels – take with water as needed
  - Tablets – chew when you feel the burn



## ☐ Enzyme Assistance – dōTERRA's TerraZyme Enzyme Complex

- Natural **enzymes** to assist & speed up chemical reactions and break down food to improve **nourishment** and **repair** tissues
- Enzymes help convert your food into usable **energy**
- Our **body produces fewer** natural enzymes as we age
- Our modern **food system** lacks natural enzymes
- Hence, an enzyme deficiency means we **don't digest as well**
- TIPS: perfect for gluten intolerance or feasting on large quantities of food



Natural food enzymes for everyone to clean out your pipes

Enzyme	Activity*
Protease	Breaks down protein to peptides and amino acids
Propain	Breaks down protein
Amylase	Breaks down carbohydrates, starches, and sugars
Lipase	Breaks down fats and oils to be absorbed in the intestine
Lactase	Breaks down lactose found in milk sugars
Alpha Galactosidase	Breaks down complex polysaccharide sugars found in legumes and cruciferous vegetables that can cause bloating and gas
Cellulase	Breaks down fiber to help digest fruits and vegetables
Sucrase	Breaks down sucrose to fructose and glucose for energy
Anti-Gluten Enzyme Blend	Assists in breaking down gluten
Glucoamylase	Breaks down starch

## ☐ Gut Flora Cleanse & Restore

- Manage out bad gut flora, removes unfriendly bacteria, promote positive and beneficial bacteria, breakdown and remove buildup
- **GX Assist Detox**: essential oil blend to **remove harmful gut flora** (this is simply an essential oil blend to purify and cleanse digestive track and improve the microbial balance)\*
- **PB Assist Probiotic**: 6 strains of **beneficial bacteria** double encapsulated
- Occasionally, do a full cleanse with dōTERRA's 30-day Cleanse & Restore Program
- Or just do a one-off gut-flora cleanse and restore
- Use **GX Assist** (1-2 softgels with meals) for 10 days
- Use **PB Assist** (1-3 x a day with food) for 10 days



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Essential Oils That Do That Job for You



- DigestZen 15mL
- DigestZen Touch Roll On
- DigestZen Softgels
- DigestTab
- Peppermint 15mL
- Fennel 15mL
- Ginger 15mL
- Lemongrass 15mL
- TerraZyme
- PB Assist+
- GX Assist
- Turmeric Duo

– Link: <http://bit.ly/dtdigest>



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## Get the Cleanse Products in One Kit

This kit includes...

- Lifelong Vitality Pack
- Zendoxine Softgels & Complex
- TerraZyme
- GX Assist & PB Assist+
- DDR Prime Softgels
- Lemon



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your cart

- Link: <http://bit.ly/dTcleanse>
- Buy products separately: <https://doterra.me/FA1rNST6>



add products  
individually

## Lesson 2. Optimum Nourishment

### Is it nutritional deficiency or disease?

- Many people are just **not getting enough** micronutrients in their diets
- **Macronutrients:** carbs, fats, proteins (we typically get plenty of this)
- **Micronutrients:** vitamins, minerals, essential fats, & primary building blocks (typically, *we lack micronutrients* in our modern diet)
- Our bodies not only need fuel but also essential compounds and elements to grow, repair and function

### Signs of nutritional deficiency

- White bands or 'rice' on nail
- Brittle, soft, peeling nails
- Dry, flaky & itchy skin
- Dandruff or dry hair
- Dry cracked skin on heels
- Excessive thirst (leading to dehydration headaches)
- Frequent urination
- Poor wound healing
- Lower immunity and frequent infections

tick the boxes that apply to you

- Dry eyes
- Fatigue
- Allergies
- Poor attention span, hyperactivity or irritability,
- Difficulties & problems learning & remembering
- Poor gut health
- And the list can go on and on....

### How to get the nutrition your body needs

- Eat healthy **whole foods** (as close as possible to their **natural** state)
- Consume balanced diet of healthy **fats** and quality **proteins** and **carbs**
- Eat a **variety** of food colors, sources, types in their season
- **Supplement** when necessary from **bioavailable** sources

## A Natural Path to Optimum Nutrition

### TIPS to better eating

- Eat lots of fresh fruits and vegetables
- Eat nuts, seeds, beans, and legumes
- Drink plenty of water
- Reduce wheat, dairy, and soy
- Eat meats sparingly (more fish or grass-fed)
- Reduce salts, sugars, and saturated fats
- Eat intuitively and happily (no guilt or shame)



# How Essential Oils and Supplements Can Help

## The Main Idea:

- Use oils in cooking to enhance flavor and add therapeutic benefits to dishes
- Wash and prepare food with essential oils
- Daily take essential-oil-enhanced supplements to improve health and wellbeing

## Lifelong Vitality Supplements (LLV)

### xEO MEGA

- Top quality **Omega Oils**
- **9 CPTG Oils:** Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, & German Chamomile

### Microplex VMz

- 22 essential **vitamins** (full spectrum of vitamins)
- Chelated **minerals** (food-based)
- **Wholefoods** (like kale, dandelion, and kelp)

### Alpha CRS+

- Super **antioxidant** cellular **longevity herbal** blend: coenzyme q10, ginkgo balboa, and boswellia, among others
- Polyphenols, oxidative, and metabolic factors for cellular energy production



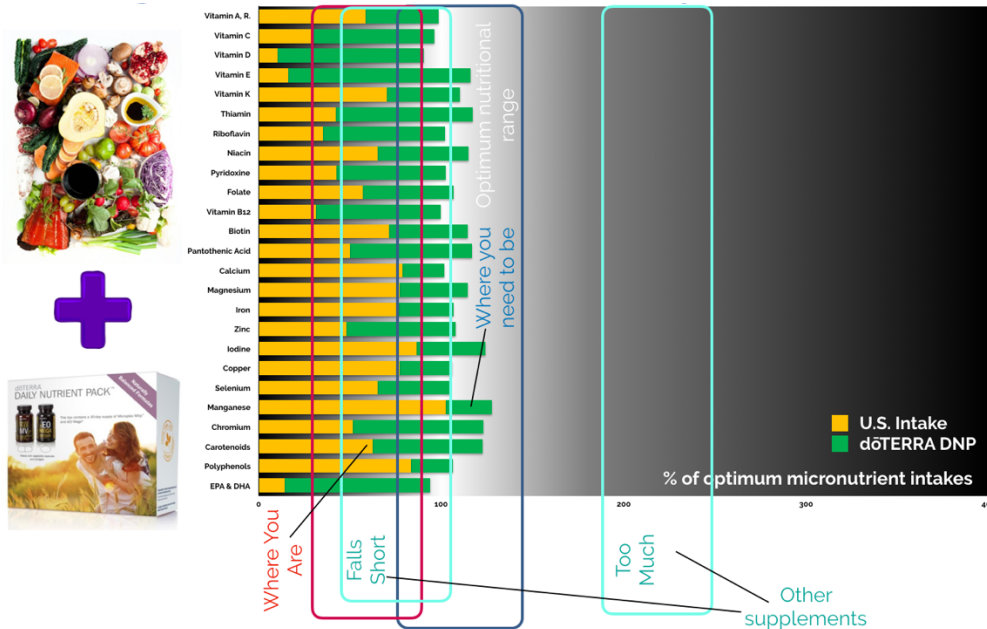
## Benefits of Lifelong Vitality Supplements

- Feeling of wellness and vitality
- Optimum nutrition
- Liver detoxification
- Digestive function
- Lung function
- Eye health
- Brain and nervous system
- Antioxidant protection
- Energy metabolism
- DNA protection
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Increased energy

# Quality supplements get us where we want to be nutritionally

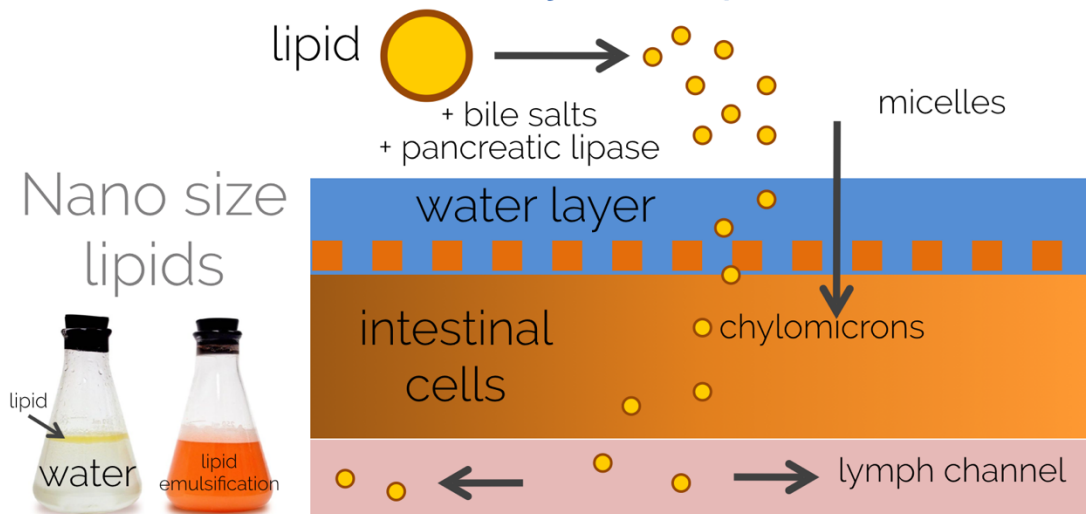
## Supplements are used to take your diet the rest of the way

- Most modern food diets **leave us short** of optimum human nutrition levels
- dōTERRA's LLV supplements **fill the gap** to get you to the optimum nutritional range, where you need to be
- Many **other supplements** fall short, overdose, or are just not bioavailable (in a form our bodies can use)



## Must be bioavailable (in a form our body can use)

- It's important that not only does the supplement have the nutrient, but that our body can also use the nutrient in the supplement form





### Supplements for kids

- Kids' bodies are different than adults
- Their diets needs are different
- Optimal for their health
- A2Z Chewable tablets – whole food nutrients and vitamins
- IQ Mega – omega-3 oils for brain health & development
- PB Assist Jr – probiotic to support healthy gut and immunity



## What to buy?

Lifelong Vitality Supplements (30-Day supply)

Link: <http://bit.ly/dTLLV>



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### Includes

- xEO Mega – essential oil and Omega Oil Complex
- Micro PLEX VMz – Vitamins and Minerals supplement
- Alpha CRS+ - Cellular herbal complex

Kids' A2Z & IQ Mega Supplements

Link: <http://bit.ly/a2ziqomega>



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### Includes

- A2Z – vitamin and mineral supplement for kids
- IQ Mega – Omega 3 kid's supplement



# Lesson 3. Cooking with Essential Oils

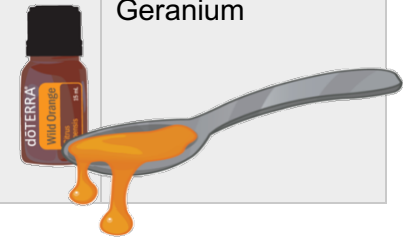
## Can you cook with essential oils? Absolutely!

- Many CPTG oils safe and natural. Many are ingestible.
- Adding essential oils can add flavoring and therapeutic benefits
- Essential oils add a clean, crisp taste alternative to herbs and spices
- Use in the place of your regular spices



## What oils to use

Spices	Herbs	Citrus	Mints	Florals
Black Pepper Cassia Cinnamon Coriander Ginger Fennel	Basil Cilantro Marjoram Oregano Rosemary Thyme	Bergamot Grapefruit Lemon Lime Tangerine Wild Orange	Peppermint Spearmint	Lavender Geranium



- **Don't use:** Arborvitae, Cedarwood, Cypress, Douglas Fir, Eucalyptus, Spikenard, Wintergreen, and others (See the labels)
- **Potent oils:** Cassia, Cinnamon, Clove, Cumin, Thyme, and Oregano



## How much to use?

- **Several drops** – For large quantities of food. Pour in spoon first or use a dropper.
- **One drop** – Medium to mild chemistry foods. Start small.
- **Less than a drop** – Use a toothpick. Use with potent essential oils. Taste before adding more.



## TIPS for cooking with oils

- Add later in recipe to avoid evaporation
- Avoid excess heat, which changes the oil's chemistry
- Use non-plastic cookware
- Test & experiment (start small – use toothpick)



# Oil Groups and Uses (top oils)

## Spices

- Marinades, Vegetables, Sweet, & Savory
- Enhance natural flavors
- Hot, sharp, spicy, sweet, warm



## Herbs

- Substitute for herbs
- Italian dishes, potatoes, soups, pasta, and breads



## Citruses

- Baked goods, beverages, yogurt, salsa, and dips
- Adds zest, bright, sweet, and tangy



## Mints

- Beverages, desserts, salads, and some meats
- Adds flavors of minty, cool, refreshing, and sweet



## Florals

- Softens citrus flavors, recipe twists,
- Beverages, desserts, teas



## Other options

- The above are just some examples
- Any oils that can be used internally can be used in cooking and preparing food
- Here are some more: Cardamom, Clary Sage, Clove, Coriander, Dill, Lemongrass, Juniper Berry, Melaleuca, Rose, etc...

# Oil Infused Recipes

## Spiked Drink Water

Stay hydrated with flavored water

- **Ingredients:** cold water (in glass or metal bottle), essential oil (try Lemon, Lime, Wild Orange, Grapefruit, Cassia, Fennel, Slim & Sassy, Tea Tree, Peppermint, etc.)
- **Instructions:** put 3-5 drops of essential oil into your water.
- **Variation:** add Cinnamon and honey to hot water for soothing sore throats.

## Sunny Morning Smoothie

- **Ingredients:** 1 ripe banana, ½ cup frozen berries, 1 scoop protein mix (optional), fill with almond milk, a citrus essential oil (3-5 drops)
- **Instructions:** combine ingredients in blender and blend on high for 30-60 sec
- **Variations:** Mix up essential oils, types of fruit (fresh and frozen), and protein mix. Add spinach or greens. Add ice for thickness.

## Sparkling Citrus Drink

- **Ingredients:** Selzer or sparkling water, Grapefruit or Lemon essential oil, and optional sweetener (agave, honey, etc.)
- **Instructions:** mix ingredients, serve chilled or over ice, garnish with sliced citrus or fresh fruit
- **Variations:** try other essential oils: Lavender, Melaleuca, Peppermint, Wild Orange, Fennel, etc.

## Hot Chocolate Variations

- **Ingredients:** hot chocolate (prepared), Peppermint essential oil, optional garnish (cinnamon stick, mint leaves, etc.)
- **Instructions:** add a few drops of essential oil and garnish to a steaming cup of hot chocolate
- **Variations:** try other essential oils: Cinnamon, Cassia, Cardamom, Orange, Lemon, Pepper, etc.

## Breakfast Quiche

- **Ingredients:** 5 eggs, ½ cup chopped onions, 1 cup almond milk, salt to taste, toothpick amounts of essential oils: Black Pepper, Cardamom, Basil...
- **Instructions:** beat well, pour in pan, bake in over at 400 degrees for about 30 min or until solid and golden brown
- **Variations:** add tomatoes, sausage, or bacon

## Herb Seasoning Salt

- **Ingredients:** 2 tablespoons salt (Himalayan, sea salt, or any unflavored salt you desire), essential oils, saltshakers
- **Instructions:** blend and store in airtight shaker (TIP use old spice bottle)
- **Variations:**

**Italian:** Rosemary, Basil, Oregano, Thyme (1 drop each oil)

**Asian:** Ginger, Lemongrass, Basil, Black Pepper (optional) (1 drop each)

### Almond Herb Crackers

- **Ingredients:** 3 cups almond flour, ½ tsp sea salt, 2 Tbsp grapeseed oil, 2 eggs, toothpick amounts of essential oils: Rosemary, Thyme, Black Pepper
- **Instructions:** combine dry and wet ingredients separately then mix into a dough, flatten dough, and sprinkle salt on top, and cut into squares. Bake at 350 degrees for 15 min or crispy.
- **Variations:** try other herb oils

### Tomato Basil Soup

- **Ingredients:** tomatoes, sautéed garlic and onions, broth, basil (dried or fresh), salt to taste, carrot for sweetener, essential oils: Basil and Black Pepper
- **Instructions:** stew tomatoes and blend with sautéed garlic, onions, broth, basil, and softened carrot. Add essential oils, olive oil, salt, and pepper to taste.
- **Variations:** add soft avocado or coconut cream for creaminess

### Fresh Zesty Salsa

- **Ingredients:** tomatoes, onions (any type), peppers (any type), a few cloves of garlic, 1-2 limes, olive oil, salt, ground pepper, fresh cilantro chopped, essential oils: Cilantro and Lime
- **Instructions:** combine chopped vegetables (mince the garlic), juice from the limes, olive oil, salt, pepper, and essential oils to taste.
- **Variations:** Try adding avocado, peaches, pineapple, or beans

### Rosemary Hummus

- **Ingredients:** 2 cups softened garbanzo beans (chickpeas), minced fresh garlic (a few cloves), 2Tbsp olive oil, 2 limes juiced, 2 Tbsp Tahini, salt to taste, ground paprika, and essential oils: 2 drops Lemon, and 1 drop Rosemary
- **Instructions:** puree garbanzo beans, mix all ingredients, garnish with more olive oil, and paprika, and non-pureed garbanzo beans
- **Variations:** add herbs or peppers

### Lime Cilantro Rice

- **Ingredients:** normal ingredients to make rice, 1Tbsp coconut oil, fresh cilantro, lime zest from rind, lime juice, essential oils: 2 drops Lime, toothpick of Cilantro
- **Instructions:** Cook rice normally adding in the other ingredients. Garnish with more cilantro (fresh)
- **Variations:** try adding black pepper ground and essential oil

### Salad Dressing / Vinaigrette

- **Ingredients:** 2/3 cup olive oil, ½ cup vinegar (any type), herbs (most any green herbs to taste), mustard (optional), salt, ground pepper, essential oils (see below)
- **Instructions:** combine and shake
- **Variations:** Essential oils: Basil, Cilantro, Orange, Grapefruit, Lime, Rosemary, Thyme, Ginger, Fennel, Black Pepper,

### Lemongrass Chicken

- **Ingredients:** chopped chicken, freshly minced lemongrass, shallots or onions, garlic, salt, olive oil, 3-4 drops Lemongrass essential oil
- **Instructions:** sauté minced garlic, onions or shallots, and fresh lemongrass, add chicken and other ingredients. Caramelize chicken to taste.
- **Variations:** add fresh cilantro, fish sauce, crushed red pepper flakes, and sweetener

### Spiced Spaghetti Sauce

- **Ingredients:** stewed tomatoes, tomato paste, or bottled spaghetti sauce, protein (black beans, minced sausage, or ground beef), sautéed onions, bell peppers, and garlic, herbs, and essential oils (see below)
- **Instructions:** combine ingredients in slow cooker
- **Variations:** herbs and essential oils to use: Basil, Oregano, Thyme, Rosemary, Marjoram, all spice, parsley, bay leaves, red pepper flakes, and related spices.

### Balsamic Rosemary Meat Marinade

- **Ingredients:** ½ cup balsamic vinegar, ¼ cup olive oil, 1tsp salt, 2tsp ground pepper, 2 drops Rosemary essential oil
- **Instructions:** combine marinade ingredients in gallon bag, add fresh meat (chicken, fish, beef, pork...)
- **Variations:** experiment with flavors of herb and spice essential oils as well as kitchen spices

### Flavorful Chili

- **Ingredients:** 3 cups softened beans (red, kidney, pinto, any), 3-4 cups tomato or spaghetti sauce, carrots chopped into thin coins, sautéed garlic and onions, ground cumin, salt, pepper, essential oils: 1 drop Cumin, 1 drop Black Pepper
- **Instructions:** Add all ingredients to slow cooker for 3-6 hours
- **Variations:** Add ground meat (beef, chicken, turkey...)

### Lavender Keto Cup Cakes

- **Ingredients:** 1 cup almond flour, sweetener (monk fruit, agave, or honey), 1tsp vanilla extract, ¼ tsp salt, 4 eggs, ¼ cup coconut oil, 2-3 drops of Lavender essential oil.
- **Instructions:** mix wet and dry ingredients separately then combine. Pour batter in pan, cook for about 40 min on 350 degrees until golden brown.
- **Variations:** add these elements ¼ cup shredded coconut, ¼ almond extract, 2Tbsp sliced almonds

### Harvest Granola

- **Ingredients:** 3 cups rolled oats, ½ cup honey, ¼ tsp salt, ½ tsp nutmeg and cinnamon, ¼ cup coconut oil, 1 tsp vanilla, 1-2 cups nuts, seeds, and dried fruits, about 2 drops of Cinnamon or Cassia
- **Instructions:** mix wet and dry ingredients separately then combine. Spread out on baking sheet and bake for 15 min on 300 degrees. Toast to your liking.
- **Variations:** Try different mint, spices, and citrus essential oils.

# Section 3. Exercise & Movement

## Lesson 1. Exercise

### The Benefits of Quality Exercise:

- Helps maintain proper **health**
- Promotes better **sleep**
- Provides an outlet for **stress**
- Helps maintain a **healthy weight**
- Elevates **cognitive** function
- Decreases **cravings** for unhealthy foods

### Tips for Effective Exercise:

- 30 min of elevated heart rate
- High intensity & strength training
- Set up, Psych up, warm up
- Consistency & lifestyle integration
- Boost your performance with essential oils



## Essential Oil Support for Powerful Exercise Routines

### How essential oils can help you get the most out of your exercise:

- Emotional support & encouragement
- Promote healthy breathing
- Focus & endurance
- Muscle safety & re-growth
- Energizing aromas
- Metabolic support
- Rest & recovery



**Motivation to Get Going**

- WHAT: **Motivate** Encouraging Blend
- WHY: Need some extra encouragement to get to the gym
- HOW: Diffuse, inhale, or rub on temples and visualize the results you desire



**Warming Up and Avoiding Injury**

- WHAT: **AromaTouch** Massage Blend
- WHY: Warming up your muscles before exercise is critical to avoid injury
- HOW: Dilute in a roller bottle and rub on muscles during warmup



**Hydrating to stay juiced**

- WHAT: **Lemon, Slim & Sassy**, or any **Citrus** oil works great
- WHY: Essential oils in your water make it easy to drink all you need
- HOW: place 2-5 drops of the essential oil of your choice in your drink bottle or workout shake before or during exercise



**Breathing to Get Going & Stay Going**

- WHAT: **Breathe** Respiratory Blend
- WHY: Breathing right fills your body with oxygen to fuel you and keep you going and **POWER** your exercise
- HOW: Diffuse, or better yet, rub on chest before your routine



**Enduring to stay in the game**

- WHAT: **Peppermint** essential oil
- WHY: Studies show that Peppermint essential oil increases endurance during exercise and helps keep you alert & focused
- HOW: Diffuse, drink, or apply to cupped hands



**Cooling Down after your drive**

- WHAT: **Basil, Cardamom, & Peppermint** Mist Spray
- WHY: Cooling down allows your heart rate to return to normal and decrease joint or muscle soreness
- HOW: Add a few drops of these to spray bottle





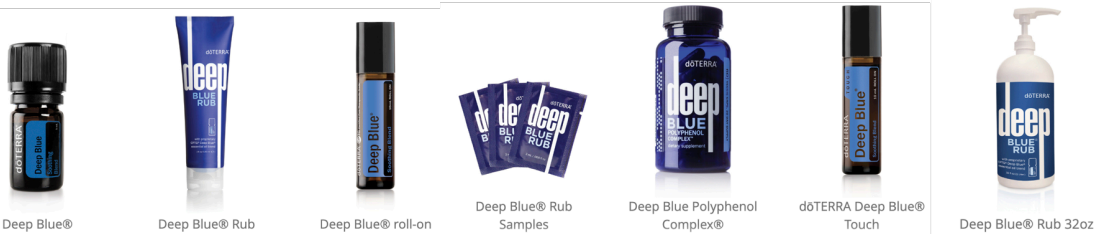
**Burning calories & fat**

- WHAT: Cinnamon & Slim & Sassy
- WHY: Increase metabolism topically in target areas
- HOW: Dilute these in a roller bottle and rub on areas targeted for fat loss or muscle strengthening before exercise



**Recovering to build a healthy bod**

- WHAT: Massage in AromaTouch for stiffness
- WHAT: Deep Blue Product Line
- WHY: Assist with soreness and repair of microtears
- HOW: Layer undiluted oil with rub
- HOW: Deep Blue Polyphenol for internal soreness



## Essential Oil Kits & Recommendations

**Athlete's Kit** - <https://doterra.me/IW8n8DNH>



scan here for to  
add these to  
your cart

5mL bottles of dōTERRA Breathe, dōTERRA On Guard, Lavender, Melaleuca, and Peppermint and a 120 mL tube of Deep Blue Rub

**Athlete's Care Kit (LRP Only)**—  
<https://doterra.me/eLwUkdpO>



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your cart

Deep Blue® Roll-On (10 mL), Lemongrass (15 mL), AromaTouch® (5 mL), Peppermint Beadlet, dōTERRA On Guard® Sanitizer Mist, Correct-X®, Mito2Max®

**Yoga Kit** - <https://doterra.me/DkP7W4Om>



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## Lesson 2. Energy

### Abundant energy

- Higher productivity
- Ability to get stuff done
- Vitality - feel good
- Generally greater happiness
- More time for relationships
- Stronger feelings of purpose
- Other \_\_\_\_\_

### Not enough energy

- Exhausted ½ through the day
- Fatigued after any activity
- Cranky & frustrated
- Feelings of being held back
- General un-wellness
- Tired all the time
- Jobs or projects uncompleted

### How do you (or people in general) deal with lack of energy

- Mid-day nap
- Withdrawal
- Do less work
- Adjust diet
- Caffeine
- Alcohol
- Drugs
- Emotional outbursts

### How essential oils can help

- Energizing
- Alertness
- Uplifting
- Improved concentration
- Mood enhancement
- Cognitive stimulation
- Focus



# Essential Oil Solutions

## Energize

- Peppermint or Spearmint
- Energizes you and keeps you alert naturally
- Improves endurance through opening the airways and increases oxygen
- USAGE: Diffuse, inhale, or add to water



## Mood Uplifting

- Lemon, Citrus Bliss, Cheer, or other citrus oils
- Improves mood by creating a sunny disposition
- Promotes feelings of cheer and happiness
- USAGE: Diffuse



## Enlivening

- Eucalyptus or Basil
- Awakening, stimulating, and invigorating
- Promotes feelings of wellness and vitality
- USAGE: Aromatically or Topically



## Focus & Concentration

- Frankincense or InTune Focus Blend
- Increases concentration and mental stamina
- Enhances and sustains a sense of focus
- USAGE: Diffuse Frankincense & Apply InTune topically



## Transitioning

- Rosemary or D.I.Y. Transition Blend
- Assists with making transitions throughout the day and releasing negative energy
- USAGE: Inhale during breaks between tasks



**TRANSITION**  
essential oil blend

Declaration:  
"I release from the past and face my next adventure resolutely."

3 Parts  
doTERRA Rosemary (Rosmarinus officinalis) 1.5 mL

2 Parts  
doTERRA Lime (Citrus aurantifolia) 1.5 mL

1 Part  
doTERRA Cilantro (Coriandrum sativum) 1.5 mL

TRANSITION  
"I release from the past."  
Rosemary: 2 Lime: 1 Cilantro

benbalden.com/blends

## Other Wellness Solutions

### The Energy & Stamina Herb Complex\*

- Works on the cellular level
- “No robbing-Peter-to-pay-Paul highs and lows”
- Promotes efficient production of ATP in the mitochondria of the cells\*
- Enhances stamina through efficient use of oxygen\*
- Supports metabolic adaptation for diverse activities\*
- Improves mental energy\*



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your cart

### Effective Supplementation: Lifelong Vitality

#### xEO MEGA

- Top quality **Omega Oils**
- **9 CPTG Oils:** Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, & German Chamomile

#### Microplex VMz

- 22 essential **vitamins** (full spectrum of vitamins)
- Chelated **minerals** (food-based)
- **Wholefoods** (like kale, dandelion, and kelp)

#### Alpha CRS+

- Super **antioxidant** cellular **longevity herbal** blend: coenzyme q10, ginkgo balboa, and boswellia, among others
- Polyphenols, oxidative, and metabolic factors for cellular energy production

#### Bioavailable

- Nano-size lipids
- Absorbable by body
- Wholefoods



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# Lesson 3. Healthy Weight

## Freedoms Healthy Weight Bring

- Self Confidence
- Energy & Vitality
- Better Sleep
- Body Image
- Improved General Wellness
- Other \_\_\_\_\_

## Under or Overweight

- Exhaustion & Fatigue
- High Risk of Disease
- Emotional & Psychological Issues
- Social Stigma
- Poor relationship with body
- Other \_\_\_\_\_



## Weight Management Complications

- Weak willpower
- Mindset & attitude
- Social Influences
- Support system
- Stress, sleep, rest
- Lifestyle Change vs. Dieting (temporary)

## Where to Start?

- Develop more self-love (Use Magnolia, Rose, Geranium, Jasmine)
- Believe that your body is perfectly created to be intelligent and self-healing.
- Rest and manage stress. Be positive. (Use sleep promoting essential oils and relaxing oils such as Serenity & Adaptiv.)



## How Slim & Sassy and Slim & Sassy products can help?

- Emotional support and helps control emotional eating
- Promote a healthy metabolism & Improves Digestion
- Manage hunger cravings
- Support healthy habits
- Manage stress & improve sleep
- Assist the body regulate blood sugar
- Diuretic-, stimulant-, and calorie-free
- Improves Glucose Utilization
- Reduces Oxidation and Inflammation
- Reduces Cholesterol
- Increases Energy
- INTERNAL USAGE: take 5 drops in glass of water 5x a day
- TOPICAL USAGE: Rub on "focus" or "trouble" spots



## Trim Shake

- Meal replacement shakes
- Convenient smaller meal to maintain metabolism and sensation of being full
- Helps manage stress hormone, Cortisol
- Increases cellular energy production
- Helps control stress-induced appetite
- Chocolate, Vanilla, or Vegan
- Contains **Ashwaganda**
  - Regulate blood-sugar
  - Inhibit fatigue
  - Reduce tension
  - Boost immunity
  - Balance energy
  - Support heart



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Detox, Cleanse, & Restore

- Cleanse & Restore with essential oils
- Toxins are stored in fat to protect the body
- When toxins are released the fat reduces
- Improve body's natural abilities and wellness



## Diet – Eating Well & Intuitively

- Nourishment – Lifelong Vitality Supplements
- Digestive Support – DigestZen, Turmeric,
- Cooking & preparing food with essential oils



## Rest & Stress Management

- Get better sleep – SUGGESTION: Serenity and these oils
- Manage your stress response system
- Rest and relax quicker
- Manage moods and emotions



## Healthy Hydration

- Slim & Sassy, Lemon, Wild Orange, or other citrus oils
- Stay hydrated
- Flush fat and toxins out of system















# Healthy Eating Habits

## ☐ Eat the right amounts at the right times and intuitively

- Eat happily & intuitively
- Eat more greens and veggies
- Reduce or eliminate processed foods, sugar, dairy, corn, wheat, and soy, etc.
- Don't drink calories
- Eat smaller amounts (snack in small amounts)
- Stay hydrated
- Get your portions correct



## dōTERRA's Portion suggestion guide:

Fat-Loss Accelerators	Serving Sizes	Target Food Groups
<p><b>REDUCE WHITE</b></p>  <p>White sugar, dairy fats, white flour white rice, potatoes, bananas, etc.</p>	 <p>Circumference and thickness of spread hand (or more!)</p>	 <p>High-water content, color and antioxidant rich, fresh or cooked fruits and vegetables</p>
<p><b>REDUCE HIGH CALORIE BEVERAGES</b></p>  <p>Fruit juice, sodas &amp; colas, sports drinks, alcohol, etc.</p>	 <p>Volume of clenched fist</p>	 <p>Complex carbs &amp; whole grains • Legumes &amp; vegetable proteins • Starchy fruits &amp; vegetables</p>
<p><b>GRAZING VS. FEASTING</b></p>  <p>3 healthy meals a day <b>GOOD</b> 6 mini meals a day <b>BETTER</b></p>	 <p>Circumference and thickness of palm</p>	 <p>Low-fat animal proteins • Protein-rich nuts &amp; seeds</p>
<p><b>HYDRATION</b></p>  <p>5 servings (20 drops) of Slim &amp; Sassy blend mixed with water throughout the day</p>	 <p>Diameter and thickness of thumb (or less!)</p>	 <p>Simple sugars • Dressings &amp; spreads • Desserts</p>

\*Portion sizes for 3 meal per day diet program.

SLIM & SASSY

# Section 4. Rest and Manage Stress

## Lesson 1. Sleep

### The need for sleep –

What happens when we sleep?

- Processing information
- Processing emotions
- Developing memories
- Brain regulates growth & repair
- Replacing energy reserves
- Removing waste products
- Rebuilding metabolism

### How do you want your sleep to improve?

- Falling asleep
- Quality of Sleep
- Too stress or overstimulated
- Wake up at the same time
- Snoring when asleep
- Staying asleep
- Mind buzzing

### Signs of not getting enough sleep

- |   |  |
|---|--|
| <input type="checkbox"/> Loss of attention              | <input type="checkbox"/> Increase infection/cancer risk          |
| <input type="checkbox"/> High level of Micro-sleep      | <input type="checkbox"/> Increase cardiovascular disease         |
| <input type="checkbox"/> Failure to process information | <input type="checkbox"/> Risk of Diabetes II                     |
| <input type="checkbox"/> Impulsivity & loss of empathy  | <input type="checkbox"/> Metabolic Syndrome                      |
| <input type="checkbox"/> Memory impairment              | <input type="checkbox"/> Mood instability / Anxiety              |
| <input type="checkbox"/> Reduced cognition & creativity | <input type="checkbox"/> Increase stimulant/sedative use         |
| <input type="checkbox"/> Immune suppression             | <input type="checkbox"/> Increase risk of a mental health crisis |

### How do you currently deal with sleep issues?

- Routines
- Meds
- Diet
- Sleeping environment
- Avoid stimulants
- Bedding
- Exercise
- Remove distractions
- Warm bath
- Other \_\_\_\_\_

### How essential oils can help

- Safe
- Effective
- Easy to use
- Highly concentrated
- Works WITH your body





**Slow down & Fall asleep easier – Lavender, Roman Chamomile, Adaptiv**

- Need to calm down, slow breathing, ease tension
- Reduce anxious feelings
- Soothes body systems
- Calming and tranquilizing effect

How to Use

- Rub across forehead or on temples
- Diffuse in room



**Tense Muscles – AromaTouch, Copaiba**

- Relax muscle tension

How to Use

- Massage on neck and shoulders



**Quality of sleep – Serenity, Magnolia**

- Promotes relaxation and restfulness
- Lessens tense feelings

How to Use

- Diffuse 30 min before bed or apply to neck & shoulders
- Take internally



**Stress or overstimulated – Balance, Vetiver**

- Rooting and grounding effect for overactive minds (monkey brain!)
- Brings attention and mental energy back to earth
- For buzzing minds or circular thoughts & shutting down

How to Use

- Apply to big toes (reflex point for brain)
- Diffuse in room
- Apply topically to neck, temples, or across forehead



**Don't want the day to end. Too much to do. – Wild Orange**

- Promotes feelings of abundance – plenty of time tomorrow
- Allows you to “let go” and start the end-of-day decent to rest

**How to Use**

- Breathe from bottle, inhaler, or cupped hands
- Diffuse in area



**Deep sleep – Breathe**

- Promotes healthy respiration & breathing
- Encourages deep, restful sleep
- Promoted feelings of openness and safety

**How to Use**

- Rub on chest
- Diffuse in room



**Staying Asleep – Juniper Berry**

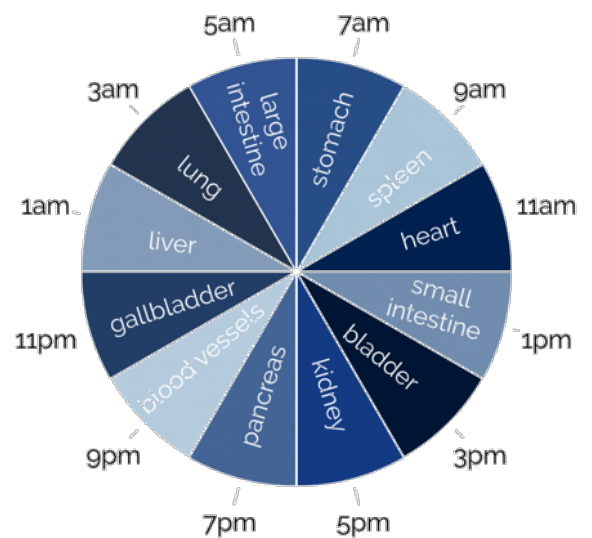
- Oil of the night – supports peaceful dreams
- Calming, grounding, and placating
- Quiets organ systems (see body clock)

**How to Use**

- Take internally or diffuse



**Body Clock**



**Other oils to consider**

- Cheer
- Citrus Bliss
- InTune
- Peace



# Lesson 2. Stress

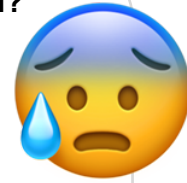
tick the boxes as you learn

## In a nutshell

- Stress happens (period)
  - Management is the key
1. Identify & understand
  2. Reduce stress triggers
  3. Recover from stress events

## Stressed? What's your stress level?

- 1-Under control
- 2-On edge and alert
- 3-Feeling a bit uneasy
- 4-Unsure, unsafe, and unsettled
- 5-Still alive, but not sure why
- 6-Desperate, about to panic
- 7-Something must to change NOW!



## Stress is serious

- 43% of all adults suffer adverse health effects from stress.
- 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress costs American industry more than \$300 billion annually.

\*see benbalden.com/stress for sources

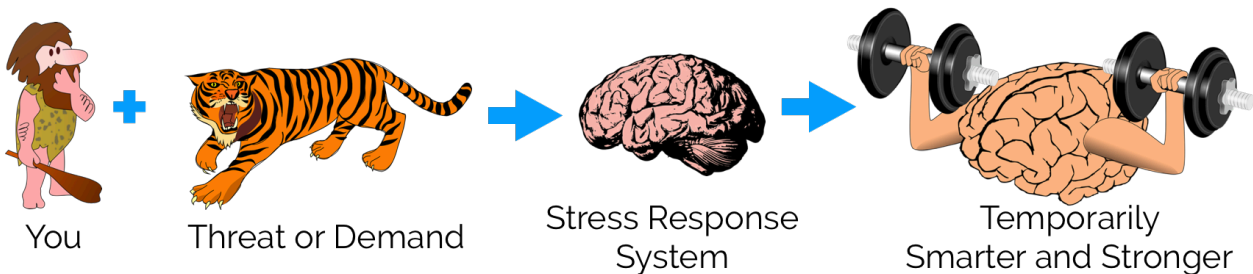
## What stress may be costing you

- |   |   |
|---|---|
| <input type="checkbox"/> high blood pressure            | <input type="checkbox"/> depression and anxiety                         |
| <input type="checkbox"/> heart disease                  | <input type="checkbox"/> infertility                                    |
| <input type="checkbox"/> obesity                        | <input type="checkbox"/> autoimmune disorders                           |
| <input type="checkbox"/> diabetes                       | <input type="checkbox"/> sleep difficulties                             |
| <input type="checkbox"/> acne and other skin conditions | <input type="checkbox"/> eating disorders (e.g. overeating)             |
| <input type="checkbox"/> allergies and asthma           | <input type="checkbox"/> addictions                                     |
| <input type="checkbox"/> arthritis                      | <input type="checkbox"/> tension headaches                              |
| <input type="checkbox"/> digestive discomfort           | <input type="checkbox"/> fatigue (including chronic or adrenal fatigue) |
| <input type="checkbox"/> muscle tension or pain         | <input type="checkbox"/> lack of motivation or energy                   |
| <input type="checkbox"/> on edge or restlessness        | <input type="checkbox"/> death (seriously, people die)                  |
| <input type="checkbox"/> irritability or anger          |   |



## What is stress

*"Stress is simply your brain responding to any demand or threat."*



**What causes your stress (stress triggers or stressors)? (Real or Imagined\*)**

**External Stressors**

- Major life changes
- Work or school
- Relationship difficulties
- Financial problems
- Being too busy
- Children and family
- Physical, chemical, or emotional
- other \_\_\_\_\_

**Internal Stressors**

- Pessimism
- Inability to accept uncertainty
- Rigid thinking, lack of flexibility
- Negative self-talk
- Unrealistic expectations / perfectionism
- All-or-nothing attitude
- Dooms-day scenarios



\*Your stress system doesn't distinguish between real or imagined, life-threatening or harmless, etc. It's the same stress response

**How are you dealing with stress right now?**

**Supportive**

- Exercise
- Massage
- Naps
- Social interaction
- Visualization
- Hobbies
- Meditation
- Breathing

**Unsupportive**

- Alcohol
- Drugs
- Over eating comfort foods
- Blaming & complaining
- Victim thinking
- Promiscuity or pornography
- Angry outbursts
- Work, work, work

## How essential oils can help

- Safe, effective, concentrated, powerful, quick, and smell good
- Can be used with any other stress management method
- Can be used alone
- Can be used at any time or place (even in the shower or in space)



☐ **Manage Stress Effectively**

- Step 1) **Identify** the stress trigger and your biological response
- Step 2) **Reduce** or remove the stress trigger if possible - (simplify life)
- Step 3) **Recover** from the stressful episode - (reset your stress system)
  - Notice the path your stress takes and the biological response
  - Choose a technique, oil, or both to RESET your stress response system

*First, how are you responding to stress?*



**Fight**



**Flight**



**Freeze**

Freaking out → need to calm	Withdrawing → need to activate	Unmoving → need to restart
<b>BIOLOGICAL RESPONSES:</b>	<b>BIOLOGICAL RESPONSES:</b>	<b>BIOLOGICAL RESPONSES:</b>
anger, agitation, frustration, irritability, rapid heart rate, hypertension, sleeplessness, hurrying, increased accidents, obsession with time, nervous habits, restricted breathing, muscle tension, or headaches	depression, poor judgment, constant worrying, feelings of being overwhelmed, loneliness or isolation, crying spells, sleeping too much, procrastinating, withdrawing from others, neglecting responsibilities, nervous habits	You freeze or get “stuck” under pressure, doing nothing and letting things get worse, in shock or overwhelmed
<b>STRESS RECOVERY TECHNIQUES:</b>	<b>STRESS RECOVERY TECHNIQUES:</b>	<b>STRESS RECOVERY TECHNIQUES:</b>
activities that <b>quiet you down</b> , meditation, breathing, progressive muscle relaxation, nature bath, essential oils, massage, etc.	<b>stimulating and energizing</b> activities, exercise, breathing, hot bath, play, social interaction, talking, satisfying sex, diverting hobbies, etc.	You likely have experienced some type of trauma. First, arouse the nervous system to a fight or flight response. Do <b>some type of physical activity</b> that uses both your arms or legs.
<b>ESSENTIAL OIL</b>	<b>ESSENTIAL OIL</b>	<b>ESSENTIAL OIL</b>
<b>Lavender</b> – to soothe you <b>Serenity</b> – to calm you <b>Balance</b> – to ground you <b>Petitgrain</b> – to harmonize you <b>Vetiver</b> – to root you <b>InTune</b> – to focus you <b>Frankincense</b> – to uplift you	<b>AromaTouch</b> –to recharge you <b>Ylang Ylang</b> – to temper you <b>Breathe</b> – to open you <b>Wild Orange</b> – to fill you up <b>Citrus Bliss</b> – to warm you <b>Cheer</b> – to cheer you <b>Elevation</b> – to lift you	<b>Balance</b> – to bring you down <b>Peppermint</b> – to awaken you <b>Eucalyptus</b> – to revive you <b>Lime</b> – to bring back life <b>Patchouli</b> – to connect body and mind



### **Adaptiv Blend**

- Soothes and uplifts
- Calming and relaxing
- Effective work and study
- Behavior, thought, emotion
- Feelings of tranquility
- Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum
- Aromatic or topically



### **Adaptiv Supplement Capsules**

- Improve state of mind
- Adapting to stress situations
- Supports cognitive function
- Supports emotional balance
- Mental wellbeing
- Lavender, Coriander, Wild Orange, and Fennel along with Sceletium, GABA, and Ahiflower®. Botanical extract Sceletium

### **Shut down stress response**

#### **Serenity or Lavender**

- Calming, composing,
- Placating, soothing
- Diffuse or apply to neuro points on head



### **Activate to return to normality**

#### **Citrus Bliss or Wild Orange**

- Invigorating, stimulating
- Motivating and uplifting
- Wear on clothes or jewelry
- Diffuse in working area



#### **Vetiver**

- Rooting and grounding
- Helps calm an overactive mind
- Apply to big toe or diffuse



#### **Elevation or Cheer**

- Inspiring and encouraging
- Cheering and boosting
- Diffuse or just inhale
- Cheer, Motivate, Passion



Emotional support

#### **Balance**

- Grounding, reassuring, and consoling
- Apply on pressure points or diffuse



#### **Ylang Ylang**

- Mood lifting
- Promotes feelings of fun and enjoyment
- Diffuse or inhale



#### **Petitgrain**

- Similar to lavender (not floral)
- Relaxing, restful, placating
- Calms, soothes, and quiets
- Diffuse, add to pillow, drink



#### **Breathe**

- Rejuvenating & oxygenating
- Promotes feelings of openness
- Awakening and energizing
- Diffuse or inhale



**Breathing Exercise – Just think of the number, “5”**

- Breathe in for a duration of 5 seconds
- Hold your breath for 5 seconds
- Exhale for 5 seconds
- Repeat for 5 times
- Breathe for at least 5 minutes

**TIPS**

- In through the nose.
- Out through the mouth.
- Take deep belly breaths
- Be mindful. Focus on breaths.

**Meditation Exercise (meditation 101)**

- Prepare space & time (remove distractions)
- Focus mind on one object
- Keep bringing mind gently back to object
- Repeat and focus for 5-10 min

TIPS: Keep it simple & Practice Diligently

**OBJECTS FOR YOUR FOCUS**

1. Breathing – follow breathing
2. Mantra (repeat word or phrase)
3. Concentrate on single image
4. Visualization
5. Body scan
6. Energy – chakra scan
7. Body movement (walking)

## Essential Oils That Do That Job for You

**Get all the stress oils**

- Adaptiv Blend, Roll On, and Capsules

**Get all the stress oils**

- Serenity
- Ylang Ylang
- Breathe
- Balance
- Vetiver
- Citrus Bliss
- Elevation
- Petitgrain



# Lesson 3. Emotions

## The Main Idea:

- Emotions are a **part of life**, and will ALWAYS be there
- Emotions are **controlling you**
- You can **take charge** and produce supportive emotions
- Essential oils help **unlock** friendly emotions

## Difficulties Caused by Unbalanced and Uncontrolled Emotions

- Hours or days lost of **productivity** due to unhappiness or lack of motivation
- Emotional ups and downs taking a toll on close **relationships**
- Find yourself making foolish **decisions** based on negative emotions



tick the boxes that resonate with you

### Trapped by feelings of ...

- |  |                                      |                                     |
|--|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Being stuck   | <input type="checkbox"/> Loss        | <input type="checkbox"/> Distressed |
| <input type="checkbox"/> Fatigued      | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Negativity |
| <input type="checkbox"/> Dispassionate | <input type="checkbox"/> Unmotivated | <input type="checkbox"/> Distrust   |
| <input type="checkbox"/> Worried       | <input type="checkbox"/> Doubtful    | <input type="checkbox"/> Uneasy     |
| <input type="checkbox"/> Stressed      | <input type="checkbox"/> Frustrated  | <input type="checkbox"/> Burdened   |
| <input type="checkbox"/> Unworthy      | <input type="checkbox"/> Unhappy     | <input type="checkbox"/> Anxious    |
| <input type="checkbox"/> Lacking       | <input type="checkbox"/> Boredom     | <input type="checkbox"/> Fearful    |



## Managing Your Emotions Can Be Simple

### How Do You Currently Deal with Emotions? – Let's talk about it...

#### POSITIVE

- Music, art, literature
- Exercise or work
- Phone a friend
- Count to ten

#### ESSENTIAL OILS

- Energy healing

#### NEGATIVE

- Resignation –let it pass
- Bury it deep below
- Angry outbursts
- Oversleep
- Overeat
- Overwork





## ☐ How Essential Oils Can Help

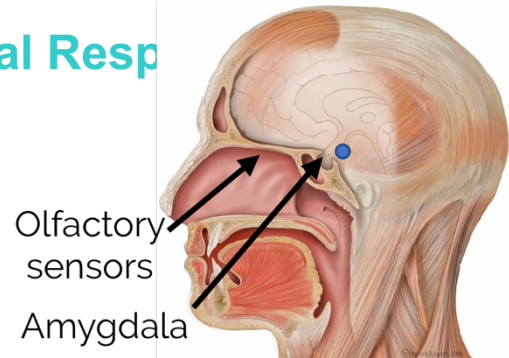
- Safe, natural, and effective
- Can be **used anywhere** and with other coping methods
- Support personal **empowerment**



## How Essential Oils Manage Emotional Resp

### ☐ Your brain and essential oils

- Emotional use of oils mostly **aromatic**
- **Inhaled** through nose (olfactory sensors)
- **Processed** by the Amygdala
  - Part of the limbic system
  - Processes smell, memory, emotions, and survival instincts



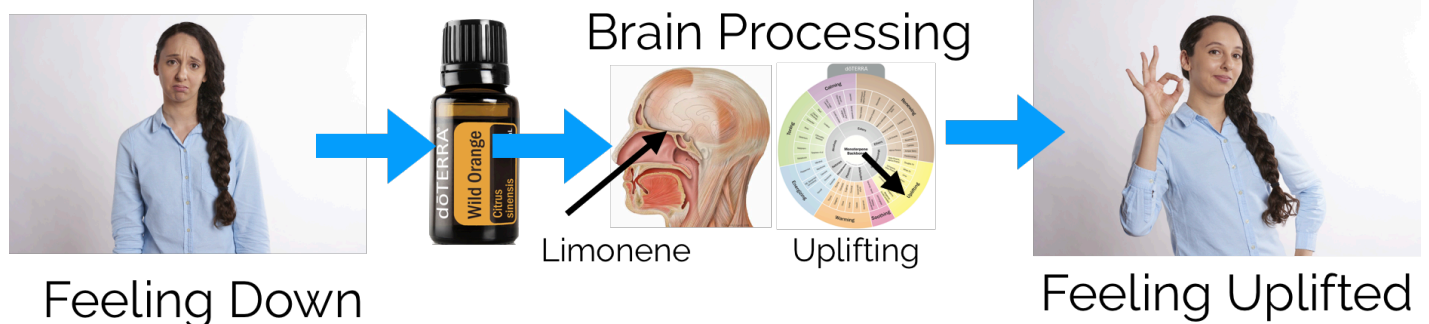
★ Because the processing of aroma sensory input is **physical connected** to emotions, inhaling essential oils **fundamentally** and **immediately** affects emotions.

Example: **Wild Orange** → Promotes Feelings of **Abundance**



## Chemical and Emotional Properties of Essential Oils

- Each molecular constituent seems to be tied to an emotional response.
- **Example:** monoterpenes such as Limonene found in Wild Orange have produce and emotionally uplifting effect.



# Putting Your Oils to Work Emotionally

## Emotional Aromatherapy Kit



## Emotional Aromatherapy Touch



- Motivate**
  - courage
  - confidence
  - manifest
  - creativity



- Peace**
  - reassuring
  - composure
  - presence
  - tranquility



- Cheer**
  - bright
  - cheerful
  - happy
  - positivity



- Console**
  - comfort
  - hopeful
  - balanced
  - grief
  - sorrow



- Passion**
  - excitement
  - risk-taking
  - discover
  - inspiration

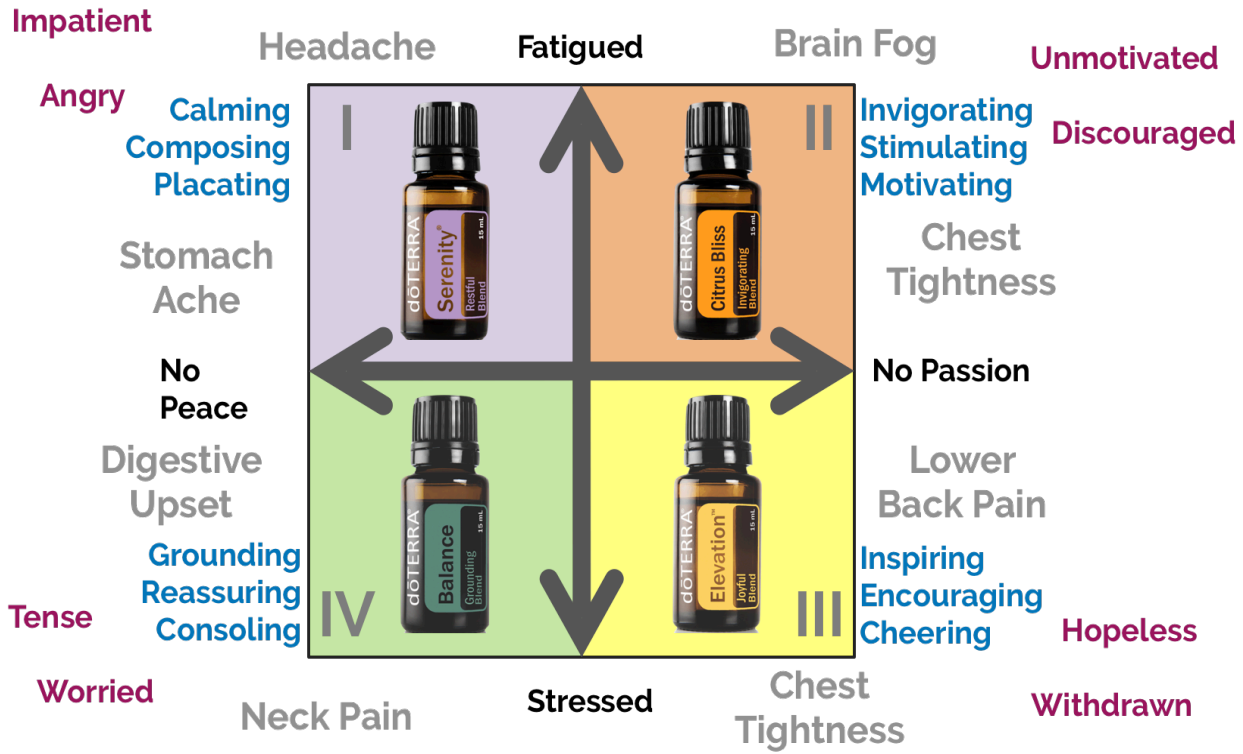


- Forgive**
  - renewing
  - releasing
  - letting go
  - anger
  - guilt
  - relieve



**dōTERRA's Mood Management System**

- Step 1a) Identify your mood or general disposition
- Step 1b) Identify physical discomfort or ailment arising from mood
- Step 2) Identify which quadrant you are in below
- Step 3) Aromatically use the target essential oil blend



**Mood Management Oils**

- Serenity
- Citrus Bliss
- Balance
- Elevation



# Section 5.Reduce Toxic Load

## Lesson 1. Cleanse & Restore

### Why cleanse?

When we are stressed and overthinking, we rob the rest of our body of proper energy flow. Our gut becomes a place where fungus, bacteria and parasites overgrow causing gut rot and tissue damage. These invaders hijack our nutrients and energy reserves.

#### Toxins Are All Around Us

- Air pollution
- Food supply
- Household cleaners
- Personal care
- Pharmaceuticals



#### Toxins Harm Our Wellness

- Carcinogenic
- Weakens immunity
- Damage done in small amounts
- Sickness & Symptoms

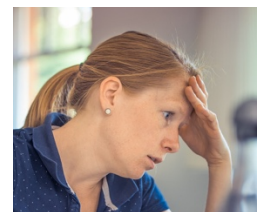
#### Body's Response: Eliminate or Isolate

#### What Symptoms Are You Experiencing?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Fatigue        | <input type="checkbox"/> Brain Fog                 | <input type="checkbox"/> Irritability and emotional instability |
| <input type="checkbox"/> Bad breath     | <input type="checkbox"/> Irregular bowel movements | <input type="checkbox"/> Aches & Headaches                      |
| <input type="checkbox"/> Lack of energy | <input type="checkbox"/> Irregular periods         | <input type="checkbox"/> Cellular issues                        |
| <input type="checkbox"/> Acne skin      | <input type="checkbox"/> Infertility               | <input type="checkbox"/> Dry eyes or cracked lips               |
| <input type="checkbox"/> Rashes         | <input type="checkbox"/> Memory concerns           | <input type="checkbox"/> Emotional outbursts                    |
| <input type="checkbox"/> Thrush         | <input type="checkbox"/> Premature aging           | <input type="checkbox"/> Cramps                                 |
| <input type="checkbox"/> Restless sleep | <input type="checkbox"/> Allergies                 |   |

#### Other Modern Wellness Challenges

- Bad flora in gut
- Candida
- Compromised immunity
- Poor micronutrient nutrition
- What other challenges do we have?



### The Solution: A Natural Cleanse

The Cleanse & Restore kit includes...

- Lifelong Vitality Pack
- Zendocrine Softgels
- Zendocrine Complex
- DigestZen TerraZyme
- GX Assist
- PB Assist+
- DDR Prime Softgels
- Lemon
- Guidebook



**Nutritional Cleanse (restore nutrients, replace antinutrients, fuels body's abilities)**  
**Lifelong Vitality Supplements**

**xEO MEGA**

- Top quality **Omega Oils**
- **9 CPTG Oils:** Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, & German Chamomile

**Microplex VMz**

- 22 essential **vitamins** (full spectrum of vitamins)
- Chelated **minerals** (food-based)
- **Wholefoods** (like kale, dandelion, and kelp)

**Alpha CRS+**

- Super **antioxidant** cellular **longevity herbal** blend: coenzyme q10, ginkgo balboa, and Boswellia, among others
- Polyphenols, oxidative, and metabolic factors for cellular energy production



**Bioavailable**

- Nano-size lipids
- Absorbable by body
- Wholefoods

**Organ Cleanse** (supports body's natural ability to cleanse, flush unwanted substances, healthy liver, natural detoxification)

- **Zendocrine Oil Blend:** supports the body's natural ability to **rid itself** of unwanted substances
- **Zendocrine Herbal Complex:** wholefood botanical herbs **filtering functions** of the liver, kidneys, colon, lungs, and skin



**Gut Cleanse & Restore** (manage out bad gut flora, removes unfriendly bacteria, promote positive and beneficial bacteria, breakdown and remove buildup)

- **TerraZyme:** natural **enzymes** to assist & speed up chemical reactions and break down food to improve nourishment and tissue repair
- **GX Assist:** essential oil blend to **remove harmful gut flora**
- **PB Assist:** 6 strains of beneficial bacteria double encapsulated



**Cellular Cleanse & Support** (promote healthy cells, recover from oxidative stress, reduce free radicals, natural cleansing petrochemicals)

- **DDR Prime:** supports healthy cellular functions (duplication, specialized function, and self-destruct (apoptosis))
- **Lemon:** cleansing, uplifting, hydrating, and detoxing petrochemicals



**Tips for an effective cleanse**

- Track your cleanse
- Get support [www.jadebalden.com/cleanse](http://www.jadebalden.com/cleanse)
- Live healthy lifestyle
- Eat a wholefood diet (minimal processing)
- Drink lots of water
- Repeat every ~3 mo.
- Adjust the cleanse to you
  - Adjust for kids or people who are very sick.
- Pregnant and nursing women should not do the cleanse

**Things to watch out for**

- Lots of pills (take it easy)
- Emotional cleansing (tears & confusion)
- Eliminating waste through urine or feces
- Skin (rashes)
- Discomfort hill (get over the hump)

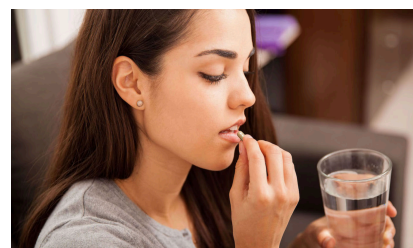
**After the cleans**

- Continue with supplements & TerraZyme
- Protect cellular function: DDR Prime, Copaiba, Turmeric

**Benefits of a natural cleanse: General Good Health**

Which of these do you want to feel more of?

- |   |   |
|---|---|
| <input type="checkbox"/> Healthy <b>digestion</b>       | <input type="checkbox"/> Healthy <b>hair and nails</b>        |
| <input type="checkbox"/> Clear <b>thinking</b>          | <input type="checkbox"/> Regular <b>bowel</b> movements       |
| <input type="checkbox"/> <b>Strength &amp; vitality</b> | <input type="checkbox"/> Reduced muscle and joint <b>pain</b> |
| <input type="checkbox"/> More <b>energy</b>             | <input type="checkbox"/> <b>Balanced appetite</b>             |
| <input type="checkbox"/> <b>Balanced</b> emotionally    | <input type="checkbox"/> Nice morning <b>breath</b>           |
| <input type="checkbox"/> Better <b>sleep</b>            | <input type="checkbox"/> Less allergies, headaches, etc...    |
| <input type="checkbox"/> Clearer healthier <b>skin</b>  |   |



Natural food enzymes for everyone to clean out your pipes

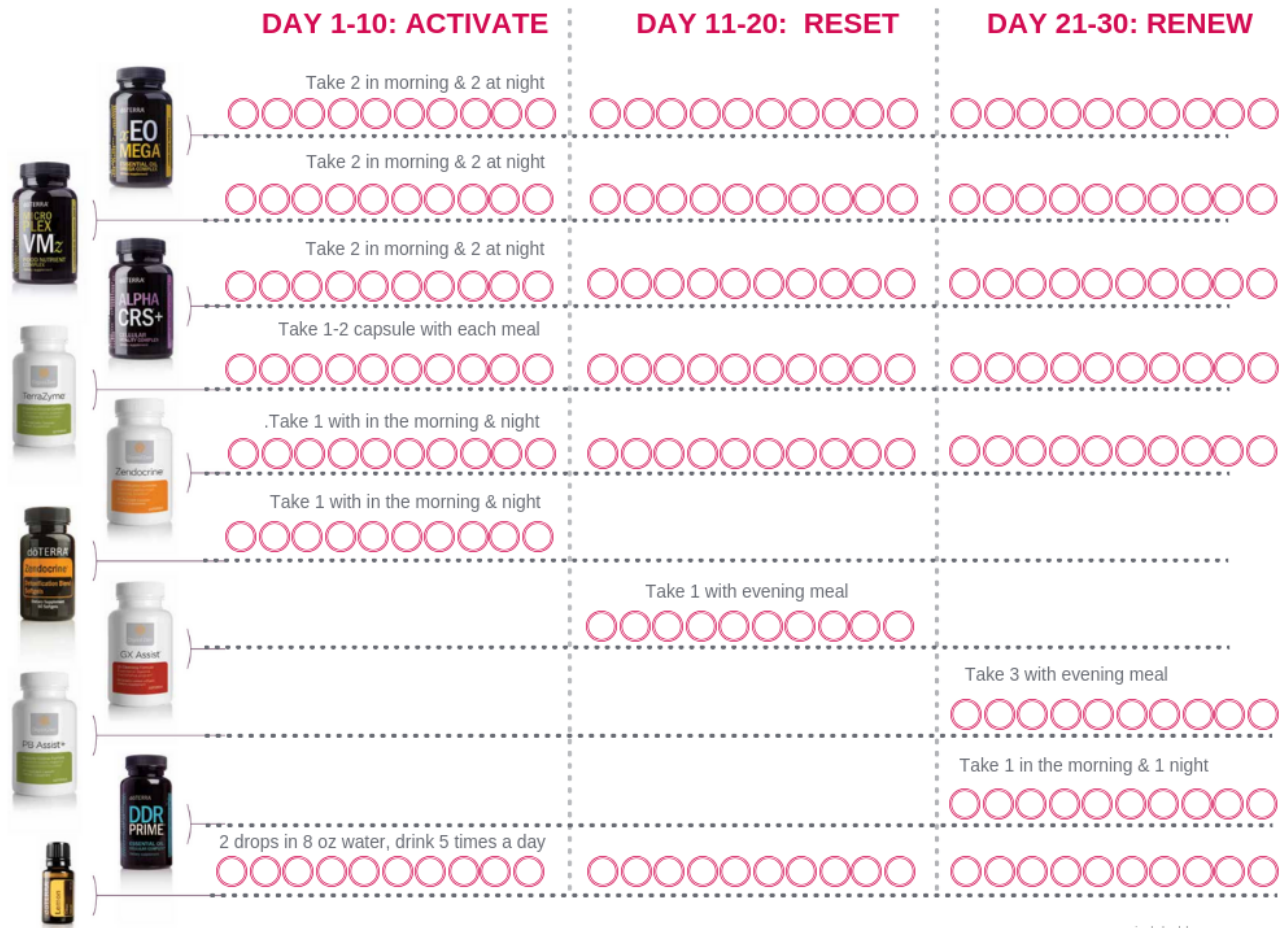


Enzyme	Activity*
Protease	Breaks down protein to peptides and amino acids
Propain	Breaks down protein
Amylase	Breaks down carbohydrates, starches, and sugars
Lipase	Breaks down fats and oils to be absorbed in the intestine
Lactase	Breaks down lactose found in milk sugars
Alpha Galactosidase	Breaks down complex polysaccharide sugars found in legumes and cruciferous vegetables that can cause bloating and gas
Cellulase	Breaks down fiber to help digest fruits and vegetables
Sucrase	Breaks down sucrose to fructose and glucose for energy
Anti-Gluten Enzyme Blend	Assists in breaking down gluten
Glucoamylase	Breaks down starch

**Enzyme Assistance – dōTERRA’s TerraZyme Enzyme Complex**

- Natural **enzymes** to assist & speed up chemical reactions and break down food to improve **nourishment** and **repair** tissues
- Enzymes help convert your food into usable **energy**
- Our **body produces fewer** natural enzymes as we age
- Our modern **food system** lacks natural enzymes
- Hence, an enzyme deficiency means we **don’t digest as well**
- TIPS: perfect for gluten intolerance or feasting on large quantities of food.
- Take 1-2 capsules with each meal.

# 30-DAY CLEANSE & RESTORE PROGRAM



www.jadebalden.com

## The Importance of Digestion

- To be in good health, your body needs sufficient fuel and nourishment
- A healthy gut means a strong immune system, clear thinking, production of happy chemicals
- Healthy digestion brings energy, vitality, and avoids many discomforts



tick the boxes that apply to you

## What happens when digestion does not work right

- |  |  |
|--|--|
| <input type="checkbox"/> Lack of energy      | <input type="checkbox"/> Malnourished          |
| <input type="checkbox"/> Always hungry       | <input type="checkbox"/> Headaches & brain fog |
| <input type="checkbox"/> Weakness            | <input type="checkbox"/> Bloating              |
| <input type="checkbox"/> Weight gain         | <input type="checkbox"/> Gas                   |
| <input type="checkbox"/> Diarrhea            | <input type="checkbox"/> Constipation          |
| <input type="checkbox"/> Heartburn           | <input type="checkbox"/> Stomach pains         |
| <input type="checkbox"/> Nausea and vomiting | <input type="checkbox"/> Bleeding              |

## A World Without Natural Solutions – How would you deal with it?

- Deal with it – endure the discomfort
- Antacids or other meds
- Surgery or other harsh or invasive treatments

# Lesson 2. Green Cleaning

## Modern Overload of Synthetic Chemicals

### Common Household Toxins

- Air Fresheners
- Perfumes & Colognes
- Antiperspirant Deodorant
- Scouring Powders
- Polishing Agents
- Surface Cleaners
- Laundry Detergents
- Insecticides



*“Your Cleaning Products Are Making You Sick”*

### Health Problems Caused by Toxic Exposure (Neurotoxins & Endocrine disruptors)

- Hormone disruption
- Thyroid difficulties
- Reproductive issues
- Reduced sperm count
- Headaches
- Liver and kidney issues
- A weakened immune system
- Respiratory complications
- ...and more...

### Why Clean with Essential Oils

- Natural, safe, effective
- Potent and powerful
- Naturally protects against environmental threats
- Alternative to toxic products
- Versatile options for cleaning
- Clean, inviting aroma
- Scientifically proven cleansing properties
- Physically & emotionally therapeutic



## Top Cleaning Essential Oils & Blends





## DIY Cleaning Solutions

### General surface dirt and germs? – Safe scented surface spray

- 1 cup warm water
- 1 cup white vinegar
- 20-25 drops of On Guard or Melaleuca
  
- USAGE: Add ingredients in spray bottle
- BONUS BENEFIT: Immune boosting



### Something smelly? – Deodorize Air Freshener

- 5 drops Purify or Eucalyptus
- Clean water
- Spray bottle
  
- USAGE: Combine in spray bottle
- BONUS BENEFIT: Uplifting & energizing



### Bathroom germs, gunk, and grime? – Soft scrub scour cleanser

- ¾ cup baking soda
- ¼ cup liquid castile soap
- 1 tablespoon water
- 1 tablespoon vinegar
- 1-5 drop of Oregano or Thyme
- 5-10 drops Citrus oil
- USAGE: scrub paste onto surface



### Hazy windows? – Greener glass cleaner

- Spray bottle
- 1 ½ cups white vinegar
- ½ cup water
- 8 drops of Lemon, Wild Orange, or other citrus oil
  
- BONUS BENEFIT: Uplift mood



## Make Your Own

You can make so many different cleaning solutions at home. Most of the projects use essential oils and (1) vinegar, (2) baking soda, (3) salt, or (4) castile soap.

With these basics, you can begin to develop your own recipes.



### Other Essential Oil Cleaning Solution Ideas

- **Carpet powder** – add essential oils to baking powder and sprinkle on carpet before vacuuming
- **Smelly garbage can** or cupboard – A few drops of Purify and baking soda
- **Sticky messes** from sticker residue – Lemon essential oil
- **Polishing chrome** – Melaleuca (Tea Tree) oil
- **Removing rust** – Lemon essential oil

### Cleaning tips & safety guides

- Use quality oils (dōTERRA)
- Start with 5 drops or less per 2-3 cups of solution
- Use more concentrated for tough stains
- Test before cleaning with new applications
- Avoid using citrus on varnish and lacquer



### Get more DIY ideas

- Essential Oil Guides
- Essential Oil Groups on Facebook
- Pinterest
- Essential Oil blogs
- dōTERRA's eBook

### Clean & disinfect the air

- On Guard
- Lemon
- Purify
- Other citrus oils



## dōTERRA's Pre-Made Cleaning Solutions

Some solutions are so common and so effective, you can get the prepared to exact specifications. Here are dōTERRA's cleaning solutions in the On Guard product line:

### On Guard Cleaner Concentrate

- General cleaner
- Makes 12 bottles of all-purpose cleaner
- About \$1.20 per bottle (supper affordable)
- Safe for you & the family
- No preservatives or additives

- USAGE: mix 2 tbsp per bottle
  - Bathrooms
  - Dishes
  - Kitchen

Use concentrated for tough jobs  
(avoid use on hardwood floors  
or natural stone)



2 Tbsp per  
24 oz. bottle

=



### On Guard Laundry Detergent

- Heavily concentrated laundry detergent
- 1 tsp per load
- 64 loads (42 cents per load)
- Store brands are diluted 20 times
- More effective than the top 5 brands



### On Guard Foaming Hand Wash

- Hand Wash - refills two pump bottles
- Defends against environmental threats
- Softens hands throughout the day
- Safe, effective, and aromatic
- BONUS BENEFIT: Invigorating and immune boosting



# Replace Your Toxic Home Cleaners Today

## Option #1 – The Works

- Cleaner concentrate
- Laundry detergent
- Hand wash & dispenser
- Purify
- On Guard
- Wild Orange
- Lemon
- Oregano
- Thyme
- Melaleuca
- Eucalyptus
- 



## Option #2 – On Guard Solutions

- Cleaner concentrate
- Laundry detergent
- Foaming hand wash & dispenser



## Where Do I Get DIY Accessories?

- You can buy some from dōTERRA
- Third-party companies like AromaTools.com
- Search on Amazon
- Check out [benbalden.com/accessories/](http://benbalden.com/accessories/) for suggestions
- 

## Getting ready with toxin-free personal care products

- **Oral** care with On Guard toothpaste and mouthwash
- **Body** lotions, soaps, creams, and deodorants
- **Hair** care with shampoo, conditioner, and serum
- **Skin** care with toners, moisturizers, cleansers...



# Lesson 3. Reduce Toxins with Personal Care Products

## What's in your personal care products?

### Toxins in Most Personal Care **Consumer Products**

- Formaldehyde
- Triclosan
- Phthalates
- Methylene chloride
- Dangerous fragrances
- Parabens
- Sodium Lauryl Sulfate (SLS)
- Toluene

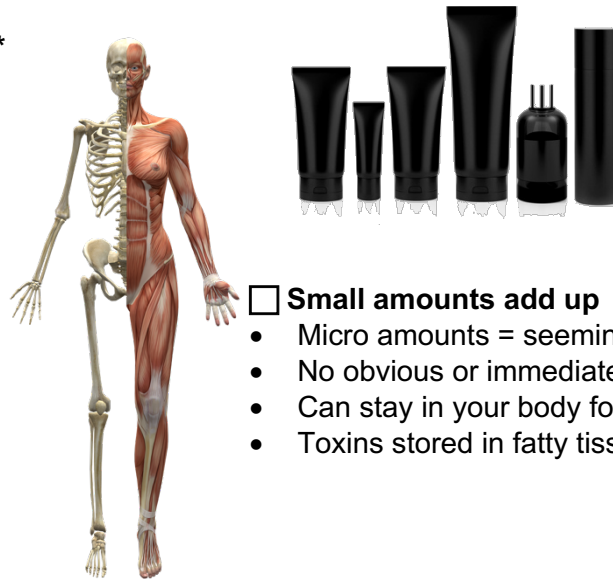
### What Consistent Exposure to These Toxins Does to Us?

- Carcinogenic (you get cancer)
- Endocrine disruptors (hormones)
- Allergenic (you get allergies)
- Neurotoxicity (brain & neurons)
- Asthma
- Autism
- Reproductive problems
- Headaches

### Where these toxins are hidden\*

- Perfumes & colognes
- Shampoos & conditioners
- Soaps and lotions
- Makeup, foundation, etc.
- Hair products, hair dye
- Deodorants & antiperspirants
- Sunscreens or spray tans
- Pharmaceutical drugs
- Food additives & containers

\*this includes products labeled "natural" and "organic"



### Small amounts add up

- Micro amounts = seemingly safe
- No obvious or immediate harm
- Can stay in your body for years
- Toxins stored in fatty tissues

### Natural Solutions

- Reduce toxins & reduce the possibility of disease, discomfort, & illness
- Use natural personal care products & improve health, vitality, a feeling of wellness
- Live longer and get more out of life

## Why use natural solutions?

- Toxin free
- Effective

### Essential Oils vs. Other Personal Care Products – Why use essential oils

Essential Oils	Other Personal Care Products
Safe, effective, peace of mind	Attractive, effective, but dangerous
Natural ingredients from pure sources	Synthetic or mysterious ingredients
Potent and powerful, so you use less	More product used to achieve effects
Small amounts last longer & cost-less	Restock often waste time and money
Naturally therapeutic to mind & body	Unaware of lingering toxic effects

### Commit to Adopting a Natural Solutions Lifestyle

- Replace toxic personal care products
- Use natural solutions wherever possible

*“I commit to living a natural solution lifestyle”*

name \_\_\_\_\_ date \_\_\_\_\_



## Top essential oils for personal care

- Lavender – skin
- Rosemary – hair
- Melaleuca – nails
- Peppermint – mouth
- Rose – beauty
- Frankincense – health
- and many more...



# DIY – Do It Yourself Personal Care Projects

You can easily use your essential oils to make your own recipes

## Perfumes & Colognes

Mix these recipes in the desired amounts in fractionated coconut oil.

### ABUNDANCE

- 4 parts Wild Orange
- 3 parts Tangerine
- 2 parts Ylang Ylang
- 1 part Spikenard



### SOUL

- 2 parts Grapefruit
- 2 parts Green Mandarin
- 1 part Patchouli
- 1 part Geranium
- 1 part Sandalwood
- 1 part Eucalyptus

\*see more blend recipes at [benbalden.com/blends](http://benbalden.com/blends)



## Scented Lotion

- Natural lotion
- A few drops of your fav oil



## Bath Salts

- 1 cup Epsom salt
  - 10 drops of Lavender\*
- \*or select your own oils



## Sugar scrub

- ½ cup brown sugar
  - ½ cup fractionated coconut oil
  - 10 drops lime\*
  - 5 drops ginger\*
- \*or select your own oils



## Hand Sanitizer

- 25 drops of On Guard
- 15mL Spray bottle
- Fill with water

\* Keep hands germ free



## Natural Bug Repellant

- TerraShield
- Cedarwood
- Arborvitae
- MISTER: mix with water
- LOTION: add to lotion



## Bug Bite Balm

- Purify
- Lavender
- Add to lotion

Rub on affected area



# dōTERRA Essential Oil Infused Products

## Oral care

- On Guard Toothpaste
- On Guard Mouthwash



## Body care

- Natural Deodorant
- Lotions
- Carrier Oil
- Soaps
- Mists
- Mud Masks
- Sugar scrub
- Lip balms



## Hair care

- Shampoo
- Conditioner
- Root to tip serum
- Holding glaze



## Skin care

- HD Clear Youthful
- Essential care
- Veràge
- Reveal



## Protection

- Hand sanitizer
- Bug repellent
- Ointment





# Section 6. Informed Self-Care

## Lesson 1. Self-Care

### Top Essential Oil Daily Routine Application

#### Typical daily uses for essential oils and wellness products...

- |  |   |
|--|---|
| <input type="checkbox"/> Wake, motivated, energized    | <input type="checkbox"/> Outdoor activities     |
| <input type="checkbox"/> Exercise & recovery           | <input type="checkbox"/> Cooking for the family |
| <input type="checkbox"/> Shower & Hygiene              | <input type="checkbox"/> Cleaning the home      |
| <input type="checkbox"/> Wake kids and morning routine | <input type="checkbox"/> End of day             |
| <input type="checkbox"/> Breakfast and daily nutrition | <input type="checkbox"/> Winding down           |
| <input type="checkbox"/> Work, stress, and focus       | <input type="checkbox"/> Getting ready for bed  |
| <input type="checkbox"/> Kids home from school         |   |

#### Daily immunity blend for teens & adults

- For babies and young children use the Kid's Stronger Blend.
- Diffuse On Guard. Make this blend in a 10ml roller bottle. Fill up the rest with fractionated coconut oil and apply on feet.



10 drops On Guard  
8 drops Oregano  
6 drops Frankincense  
4 drops Tea Tree  
2 drops Arborvitae



#### Wake, motivated, and energized

- Combine **Peppermint** and **Wild Orange** to wake you up
- Diffuse **Motivate** in the morning to get you going
- Take **Mito2Max** with supplements to give you energy
- Take 1-2 drops of **Peppermint** and **Wild Orange** to clean bowels



#### Exercise & Recovery

- Help recover muscles with **Deep Blue** oil and rub
- Sooth muscles with **AromaTouch** in a massage
- Use **Trim Shake** for post-workout recovery



#### Blood Pressure

- Use 'heart' essential oils over your heart and diffuse them regularly to help balance blood pressure
- Petitgrain, Ylang Ylang, Marjoram, Magnolia, Frankincense, Adaptiv, Lavender, Cananga

### Blood sugar

In a capsule, take this blend twice a day.

- 2 drops Cinnamon/Cassia
- 2 drops Grapefruit
- 2 drops Juniper Berry
- 2 drops Coriander

Tips:

- Cleanse and detoxify
- See the sweetness in life. Have a positive attitude of gratitude.

### Cholesterol

In a capsule, take this blend twice a day.

- 2 drops Lemongrass
- 2 drops Frankincense
- 2 drops Turmeric

Tips:

- Eliminate Xenoestrogens
- Balance hormones with Women's health kit
- Apply over heart oils such as **Helichrysum, Clary Sage, Lavender, Geranium, Rose**

### Getting ready with toxin-free personal care products

- **Oral** care with On Guard toothpaste and mouthwash
- **Body** lotions, soaps, creams, and deodorants
- **Hair** care with shampoo, conditioner, and serum
- **Skin** care with toners, moisturizers, cleansers...



### Proper Nutrition (Lifelong Vitality Pack)

- Supplements to restore nutrients, replace antinutrients, and fuel the body's abilities
- **Vitamins** and **Minerals** – minerals and 22 essential vitamins
- **Omega Oils** – Top quality omega oils and 9 CPTG oils
- **Herbal complex** – super antioxidant, cellular longevity, oxidative stress
- **TerraZyme** – Enzymes to help absorption of nutrients and for tissue repair



### Getting Ready for Work and School

- Boost your immunity with **On Guard**
- Increase focus with **InTune**
- Manage stress with **Balance**
- Soothe tension headaches with **PastTense**
- Respiratory support with **Breathe**



## Dealing with Daily Discomforts

- Soothe cuts and bruises with **Correct-X**
- Sanitize hands with **On Guard** Sanitizing mist
- Address tummy aches with **DigestZen**
- Calm sunburns with **Lavender & coconut oil**
- Ease earaches with **Basil & Lavender**
- Pamper sore feet with **Wintergreen**
- Soothe aches & pains with **Deep Blue**
- Bug repellent with **TerraShield Spray**
- Soothe bug bites and with **Purify**
- Calm seasonal discomforts with **TriEase**



## Kids Health

- Oils for mind, body, emotions
- **Stronger** – Immunity, **Brave** – Courage
- **Thinker** – Focus, **Steady** – Grounding
- **Tamer** – Digestive, **Rescuer** – Aches
- **Calmer** – Sleep, Anxious feelings
- A2Z Vitamins, IQ Omega oils, Probiotics



## Sleep and Rest

- Get deep sleep with **Serenity**
- Reduce snoring with **Breathe**
- Get better rest with **Lavender**
- Relaxing with **Vetiver**



## Headaches

- Hormonal - Apply **ClaryCalm** on lower abs and take **Phytoestrogen Complex**.
- Over Stimulated- Inhale **Lavender, Balance, Adaptiv,** and **Frankincense** oil
- Not Enough Oxygen- Mix **Peppermint** with **Frankincense** and inhale deeply. You can use fir tree oils too.
- Transitional - Inhale **Rosemary** essential oil and rub it on your temples to help easily switch roles
- Dehydrated- add **Lemon** and **Peppermint** to your drinking water
- Tension- Massage **PastTense, Deep Blue,** or **AromaTouch** on your neck and shoulders.
- Gallbladder- Mix **Lemon oil, Geranium, Cardamom,** and **Juniper Berry** essential oils and rub this blend over your gallbladder area on your tummy and feet reflex points. Inhale and relax.
- Blood Pressure- Smell and apply **Adaptiv, Yarrow|Pom, Petitgrain, Lavender, Ylang Ylang.**

When in doubt, stick to the five important products for fundamental good overall health.

*The*  
**FUNDAMENTAL**  
*Fives*



**Muscle aches, tension, and pains:**

Massage on muscles

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Copaiba      | <input type="checkbox"/> Black Spruce |
| <input type="checkbox"/> AromaTouch   | <input type="checkbox"/> Cypress      |
| <input type="checkbox"/> Deep Blue    | <input type="checkbox"/> Marjoram     |
| <input type="checkbox"/> PastTense    | <input type="checkbox"/> Peppermint   |
| <input type="checkbox"/> Lemongrass   | <input type="checkbox"/> Wintergreen  |
| <input type="checkbox"/> Siberian Fir | <input type="checkbox"/> DDR Prime    |



# Lesson 2. Health & Hormones

Are you sick, or do you need balancing?

**Signs of hormone imbalance:**  tick the boxes

- |  |  |
|--|--|
| <input type="checkbox"/> Skin wrinkling    | <input type="checkbox"/> Poor sleep patterns         |
| <input type="checkbox"/> Anxiety           | <input type="checkbox"/> Irritability                |
| <input type="checkbox"/> Water retention   | <input type="checkbox"/> Weight gain                 |
| <input type="checkbox"/> Hot flashes       | <input type="checkbox"/> Lower libido                |
| <input type="checkbox"/> Headaches         | <input type="checkbox"/> Allergies                   |
| <input type="checkbox"/> Bone loss & aches | <input type="checkbox"/> UTI                         |
| <input type="checkbox"/> Hair loss         | <input type="checkbox"/> Vaginal infections/dryness  |
| <input type="checkbox"/> Facial hair       | <input type="checkbox"/> Breast cell overstimulation |
| <input type="checkbox"/> Depression        |  |

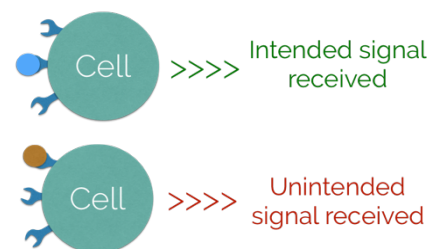
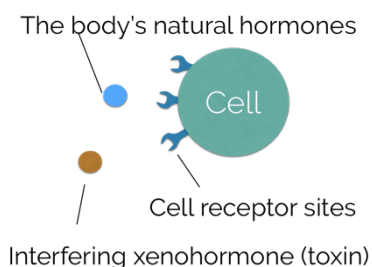
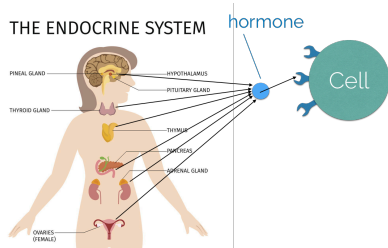


## Learn the basics – what’s happening under the hood

Let’s learn a bit about hormones

**What are hormones anyway?**

- **DEFINITION:** /'hôr,môn/ “a substance transported in tissue fluids such as blood to stimulate specific cells or tissues into action”
- **COMMUNICATION.** Hormones are messengers. How the body controls and coordinates activities throughout the body.
- This system of communication is the Endocrine System.

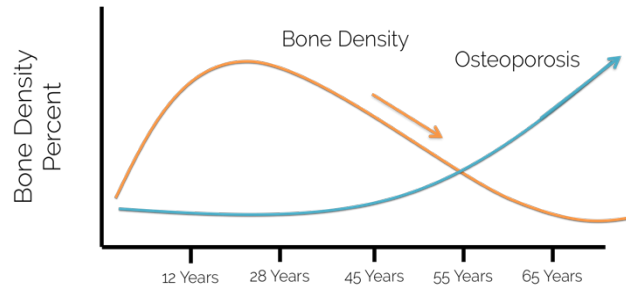
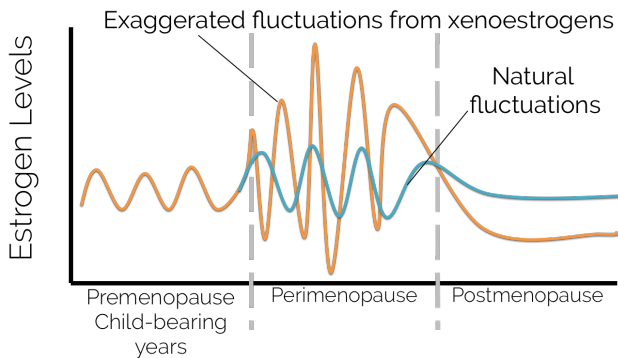


**When toxins interfere**

- Xenohormones, foreign compounds showing hormone-like properties, can become endocrine disruptors. An example is xenoestrogen, which imitates estrogen.
- Endocrine disruptors interfere in the body’s ability to communicate and coordinate physiological processes, throwing things out of balance. It causes the cells to send out unintended signals to the body causing imbalance.

**Where are these xenohormones from?**

- Canned food
- Farmed fish
- Tap water
- Plastics
- Factory farmed animals
- Soy in food
- Pollution
- Perfumes
- Colognes
- Pesticides
- Medications
- Beauty products



**Disruption of nature's rhythm**

- Progesterone and estrogen levels are always **directly inverse** of each other. When one is high the other one is low.
- When progesterone is high, the body is fat-burning, bone nourishing, regulate the condition of the inner lining (endometrium).
- When xenoestrogens fool the body into thinking estrogen levels are consistently high, the body goes into **baby-production mode**: storing fat, draining nutrients from bones and other vital organs.

**Problems caused by xenohormones like xenoestrogen:**

- Breast cancer
- Prostate cancer
- Endometriosis
- Thyroid diseases & cancer
- Bone loss
- Premature menstruation
- Early uncomfortable menopause
- Overproduction of breast tissues in men & women
- Infertility in men and women

## Let's get balanced again

How to solve it?

- WITHOUT Nature's remedies:
  - Learn to **live with it** through **symptom management**: hot flashes, irritability, and many other problems (see above)
  - Invasive **chemical** treatments such as HRT (Hormone Replacement Therapy) – HRT is pure xenoestrogen (more side effects).
- WITH Nature's Remedies:
  - **Essential oils** – help support the body's normal hormonal level
  - **Herbal complexes** – reduces the effects of hormonal imbalance

# How Natural Solutions Will Help You Balance

## SOLUTION:

1. Create a **natural competition** to xenoestrogen and other xenohormones
2. Support body's ability to produce healthy hormones & detox xenohormones


**ESSENTIAL OILS:** There are many essential oils for different hormonal imbalances

- **Best Approach:** look up your specific issues in a guide
- **Not Estrogen:** oils and herbs like Clary Sage & Lavender support healthy estrogen levels, but are not estrogenic in nature (they are hormonal balancing).

Here are some **Superheroes for hormones** in the essential oil world:


**Clary Sage**

- Premenstrual syndrome
- Uterine health
- Hot Flashes
- Apply to ankles, back of neck, or abdomen
- Oil of Clarity (Apply on 3<sup>rd</sup> eye)




**Geranium**

- Pancreas
- Menstruation
- Libido
- Apply to abdomen & ankles
- Bladder, Kidney, UTI
- Oil of Love & Trust




**Ylang Ylang**

- Adrenal
- Libido
- Emotion
- Take internally
- Apply to pulse points & heart
- Oil of Inner Child




**Grapefruit**

- Uterine issues
- Weight issues
- Progesterone balance
- Take internally
- Rub on ankles
- Oil of Honoring Your Body




**Whisper**

- Hormone balancing
- Hot flashes
- Sex drive
- Anger and irritation
- Use as perfume (not internal)
- Oil of Femininity



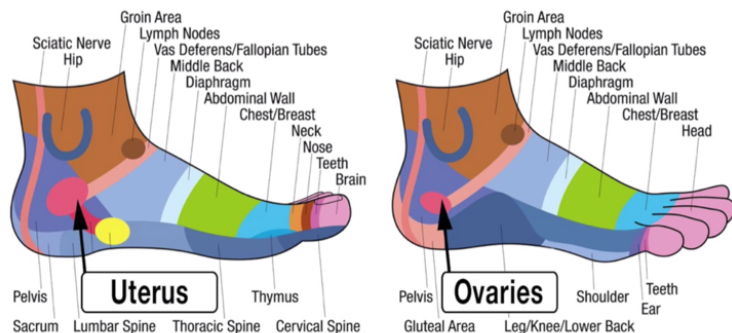
**Thyme**

- Breast, ovaries, prostate
- Progesterone support
- Emotional support
- Take internally
- Dilute & apply around ankles
- Oil Releasing & Forgiving



**How to use?**

- Apply to reflex points
- Ankles & Abdomen
- Take internally
- Combine with healthy lifestyle



### ClaryCalm®

- During your menstrual cycle, **apply to the abdomen** to experience a soothing and calming massage.
- During moments of heat, **apply to the skin** for a cooling, soothing effect.
- **Diffuse** for a calming aroma that helps soothe heightened emotions.



### Phytoestrogen

- Balances and supports **normal hormone levels**
- Gently supports a woman through her **menstrual cycle**
- Helps to diminish the normal **symptoms of menopause**, such as hot flashes and night sweats
- Helps to support healthy **bones, heart, and breast** tissue
- Formulated to provide powerful **antioxidant** support



### Bone Nutrient

- Provides optimal levels of bioavailable minerals and vitamins for bone health
- 1000 mg of Calcium
- 400 mg of Magnesium (100%)
- Vitamin D2 & D3



### Women's Health Kit includes

- ClaryCalm®
- Phytoestrogen
- Bone Nutrient
- Other Hormone Balancing products**
- Yarrow|Pom products
- Adaptiv products



### Thyroid blend

- Make this blend in a 10ml roller bottle.
- Fill the rest of the glass bottle with Fractionated Coconut Oil
- Apply over thyroid area 2-3 times a day.

25 drops Lemongrass  
15 drops Frankincense  
5 drops Clove  
Fractionated Coconut Oil



## Lesson 3. Pregnancy, Birth, & Babies



### Feed Your Cells During Pregnancy and While Nursing

- Use quality supplements like the Lifelong Vitality Pack. Daily Suggestions: Take the Lifelong Vitality Pack, Lemon oil, TerraZyme (1-2 per meal), PB Assist (1 per day).
- Eat intuitively. Eat a range of different colored wholefoods foods. Increase intake of proteins to 80-100 gram per day. Sufficient intake of proteins will stave off morning sickness and late term pregnancy surprises such as elevated blood pressure, liver and kidney concerns and significant swelling.
- Drink mostly water. Cut out the fruit juices. Instead eat the whole fruit with the fibrous pulp.

### Reducing Toxins in your body and from your environment

- Studies shows 200+ traces of chemicals and toxins found in newborn umbilical cord blood.
- Replacing commercial cleaning supplies with dōTERRA all-natural cleaners. Choose natural skincare products and hair care products.

### Immunity & Calmness

- Immunity improves when we are calm and happy.
- Diffuse your favorite essential oils often. Use On Guard Products
- Sleep more & be calm and relaxed



### Detoxing & Fertility

- Detoxing before conception is a great idea. It promotes a more comfortable and healthy pregnancy. Detoxing before conception assists in higher fertility and reduces the toxins passed onto the baby during pregnancy. Babies are born sick, allergic and deformed from almost 300 varieties of toxins including neurotoxins and heavy metals. Do not do a detoxing program during pregnancy.
- **Fertility** is connected to hormonal imbalance, stress, cellular damage, and an overgrowth of candida fungus leading to hormone imbalance and cellular malfunction. If you can plan ahead, do the dōTERRA 30-day Cleanse & Restore several times until you feel energized and your menstrual cycles are regular again. Cleanse, repair and renew the cellular health.

### First Trimester Ultrasound

- Recent studies have shown an alarming danger to developing fetus' brain when exposed to the radiation from ultrasounds. There seems to be evidence that it can cause atypical cell divisions. Also, there seems to be sufficient evidence in studies suggests an association between ultrasounds and dyslexia, autism, and growth retardation.
- Just wait till the second trimester to be safe. Do it as quickly and as few times as possible.

### Fluoride: Fluoride is a neurotoxin.

- Do drink fluoridated water. Many studies prove fluoride is linked to brain damage, especially when coupled with iodine deficiency, reduced IQ, impaired ability to learn and remember, neurobehavioral deficits such as impaired visual-spatial organization, and impaired fetal brain development.
- For those who are adamant about fluoride being great for teeth, the fluoride in the drinking water is different to the one found in toothpastes. Sodium Fluoride—a waste product of aluminum production is dumped into drinking water.
- Paul Connett, Ph.D says, "You can repair a child's tooth. You cannot repair a child's brain once it's been impacted during fetal development."

### Folate vs. Folic acid

- Take natural folate supplements not its synthetic version, folic acid. Folic acid recommendation is a common practice to prevent birth defects known as neural tube defects, including spina bifida. Unfortunately, folic acid needs to be broken down into a more bioavailable form to be effectively utilized. Not only is folic acid not helpful, it could be harmful in large amounts in the body.
- Some people don't possess the specialized enzymes to synthesis folic acid down further. Folate, the natural more bioavailable version, can be found in foods and natural supplements. Folate can be found in fresh fruits, leafy greens such as spinach, broccoli, asparagus, and mustard green, yeast, bananas, eggs, and legumes.
- "For non-pregnant women, Folate is still a must-have. It's involved in multiple life-sustaining processes, including DNA synthesis. Without enough of this nutrient, the neurotransmitters that regulate your mood get lazy. Not enough Folate means not enough red blood cells, which may affect your energy levels."

### Anxious Feelings, Worry, and Fatigued

- Mix **Balance oil** with **Wild Orange oil** and diffuse. This will help build confidence. This blend may help with the 'baby brains.'
- Fatigue: Get more sleep and rest during the day and at night. Use **Lavender, Serenity, Adaptiv** and other oils to help you get some quality sleep. You are building a baby. Move your body and get some exercise in to help with circulation of nutrients. **Wild Orange** oil helps with calming and energy. Sleep helps reduce anxious feelings.



### Labor Confidence Diffusing

- Diffusing during labor is very effective. The calmer and more relaxed the body, the easier and more comfortable the experience of birth is.
- Try diffusing any of or a combination of the following oils: **Balance & Wild Orange, Adaptiv, Serenity, Peace, Kid's Calmer, Magnolia, Lavender** or any other oil that calms you down.
- Diffuse oils such as On Guard right before the baby is born to cleanse the air and environment.

## Common Concerns

- **Morning Sickness:** Smell or drink Peppermint, Ginger, DigestZen
- **Swelling & Water Retention:** Dilute with Fractionated Coconut Oil and massage Lemon, Grapefruit or Cypress oils on legs, hands, and feet. Elevate legs. Also consider, adding 2-3 drops of Grapefruit or Lemon oil to a cup of water and drink regularly.
- **Stretch Marks:** Use diluted Immortelle and Yarrow|Pom oil on skin. Use dōTERRA Hydrating Cream
- **Breast Feeding:** Use Clary Sage topically to start, Fennel & Basil to increase production.



## Preterm Induction

- Elective labor induction has been an alarming popular trend in the US lately. It is more expensive to opt for preterm induction. Below is a chart from Preterm Birth and Elective Labor Induction Prior to 39 [www.weeksbusinessgrouphealth.org](http://www.weeksbusinessgrouphealth.org) comparing the rise in preterm births. The data shows late preterm infants have poorer health status. The popular excuse is that the baby is too big for the mother. Be prayerful and follow your instincts.

	1990	2006
Induced Labor	7.5%	17.3%
Delivered through C-section	23.5%	34.3%



## Delayed Umbilical Cord Clamping

- Delaying the cord clamping is almost common practice on premature babies but isn't the common practice with full term babies yet. A third of the baby's blood is in the umbilical cord at birth. Waiting a few minutes until the baby's blood in the umbilical cord has fully returned to the baby's body before clamping. In addition to that, midwives report that the placenta detaches from the mother more easily after the umbilical cord naturally clamps itself when it stops pulsating.
- Studies have shown that babies who have had delayed umbilical cord clamping have better health in general, better blood pressure, less medical interventions, and recently studies have shown that they can have higher social skills and fine motor skills.
- Delaying the clamping of the cord allows more blood to transfer from the placenta to the infant, sometimes increasing the infant's blood volume by up to a third. The iron in the blood increases infants' iron storage, and iron is essential for healthy brain development.

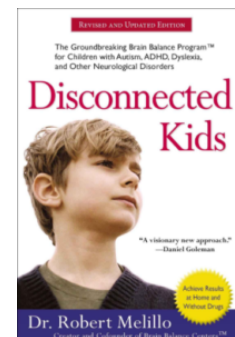
## Placenta Encapsulation

- Some midwives and doulas promote placenta encapsulation to help speed up the recovery of the mother, increase iron levels in mothers, increase milk production and decrease postpartum depression.
- There are reports of mammal placentophagy; the act of eating their own placentas after birth. There may be benefits for ingesting the placenta. Nowadays, the placenta can be dehydrated, grounded, and placed in a pill. Muscle test if you need them.
- Some studies show that there are traces of minerals in the placenta, but their opinion is that it offers insufficient amounts to make a difference. I think it is good for the mother and baby.

## Lesson 4. Connected Kids

### Disconnected Kids

- Currently there are many kids who are labeled as Autistic, ADD, ADHD, Dyslexic and everything in between on this spectrum. Our goal is to help the body balance, repair, and cleanse toxins and fungus from the brain and body as much as possible.
- Suggested Reading: Disconnected Kids by Dr. Robert Melillo



### Brain Cross Over Dance

- Brain cross over exercise/dance helps the left and right brain make electrical connections as we cross over the center of our brains.
- Do this morning and night.
- Step 1) Apply essential oils: **Balance, Sandalwood, Intune, Thinker,** ①  
Apply across forehead, and on the ② back of the neck, ③ ears, and ④ big toes.
- Step 2) ① Place right hand on left ear then left hand on left ear. ② Place right elbow on left knee then left elbow on right knee. ③ Place right hand on left toes then left hand on right toes. ④ Cross right arm and leg over left side of body then left arm and legs over right side of body.

### Nourish Body & Brain Cells

- Nutrition is the biggest contributor to our wellness. If we put quality 'raw building materials' in our body, then we will be building a quality healthy body. Proper nutrition can aid children in focusing, thinking clearly, behaving, connecting with others, and being happy.
- **Feed the Brains:** The brain is made up of mostly fat. Feed the brains with a spectrum of absorbable omega oils. Use a wonderful source of bioavailable omega oil blends for children. dōTERRA offers the IQ Mega, vEO Mega, xEO Mega.
- **Feed the Cells:** Feed them good and nutritious food and supplements. Many health problems are simply symptoms of nutritional deficiencies. dōTERRA offers the A2Z Chewable supplements for children.

### Detox the Brain Cells

- Toxins and heavy metals from food, vaccines, water and pollution may be lodged in the brains causing brain cell damage and disruptions to cellular communication.
- Apply **Cilantro and Clove** essential oils on the bottom of the feet and the big toes daily for as long as you need. Cilantro is a powerful detoxifier. Research suggests that Cilantro essential oil can assist the body in reducing some heavy metals. Clove is very high in antioxidants, and antioxidants help eliminate free radicals. The big toes are the reflex point for the brain. Make a blend of these oils in a glass roller bottle diluted with fractionated coconut oil for convenience.

### Care for the Gut

- Most disconnected and unfocused kids also have food intolerances and sensitivities. Many parents call them 'picky eaters!' However, most children are not inherently picky or predisposed to bad behavior. Their brain is all switched on and over stimulated, so it makes it difficult for them to relax and focus. They are overly sensitive to everything they put in their mouth. The state of their gut has a lot to do with their food sensitivity and brain chemicals. The gut has more brain chemicals or neurotransmitters than the brain?
- A healthy clean gut is free from fungus overgrowth and bad flora. Healthy flora by contrast improves energy, mood, and cognitive abilities. A healthy gut also improves a person's immunity because up to eighty percent of your body's immune response system is in your digestive track especially your gut. The gut contains a lot of neurotransmitters, which help with brain functions. Can you see how a clean gut also improves immunity and clear thinking?

### Diffuse Essential Oils for Emotional Balancing

1. **Balance** — calming anxious feelings, emotions, or tension, grounding
2. **Wild Orange** — calming anxious feelings, emotions, or tension and stress, uplifting, stimulating creativity, energizing
3. **Lemon** — uplifting, improving focus and clarity
4. **InTune** — improving focus, encouraging learning
5. **Vetiver** — grounding, relaxing, assisting in resting
6. **Lavender or Serenity** — sleeping aid, calming, relaxing, soothing anger and frustration
7. **Cedarwood** — sleeping aid, helping with connection to other people
8. **Sandalwood & Frankincense** — calming, helping brains cell connections
9. **Patchouli** — helping us be aware of our body signals, calming & relaxing
10. **Marjoram** — helping with connection to other people, calming & relaxing

### Adjust Colors and Light

- Set a calm mood and help your child stay in control. Colors and light can over-stimulate and stress disconnected kids. Fluorescent light can be over stimulating. Choose soft light and colors to support them. For example, dress them in their favorite colors or soft shades of their favorite colors.

### Reduce the Toxic Load

- Use essential oils for common health concerns whenever possible to reduce toxic load on the body from medications and synthetic chemicals. Most of these children are highly sensitive to chemicals and toxins.
- Use natural cleaners and natural personal care products such as SLS-free shampoo & conditioners, fluoride-free toothpaste, triclosan-free hand sanitizers, laundry

# Section 7. Get the Most Out of Your Oils

## Lesson 1. Loyalty Rewards – Get Your Oils for Less

Retail	Wholesale	Below Wholesale
Full price	25% off	25% off
		Loyalty Rewards Additional discount Lifelong Vitality Pack + up to 3 discounted items below wholesale
		Up to 30% back FREE product points 100% FREE Shipping points
		Participate FREE product of the month

### Example Order

125PV order before 15<sup>th</sup> Month.

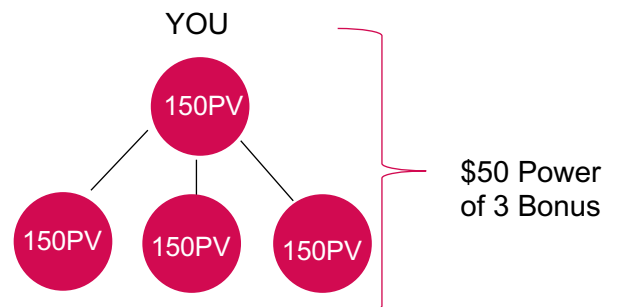
	Retail	Wholesale	Below Wholesale
Lifelong Vitality Pack	\$106	\$79.50	\$79.50
TerraZyme	\$50	\$37.50	\$20
Mito2Max	\$52.67	\$37.50	\$20
Peppermint 15ml	\$29.33	\$22	\$22
Lavender 15 ml	\$30.67	\$23	\$23
<b>SHIPPING</b>	\$3.99	\$3.99	\$3.99
POINTS EARNED	0	0	<b>41.5 (30%)</b>
FREE product of the month	N/A	N/A	<b>FREE (\$20 Value)</b>
<b>Total</b>	<b>\$272.66</b>	<b>\$203.49</b>	<b>\$164.50</b>
<b>Savings</b>	<b>0</b>	<b>\$69.17</b>	<b>\$128.16</b>

Loyalty Rewards Order Personal Volume (PV)	1+	50	100	125	200
Maintain Loyalty Rewards Points	✓	✓	✓	✓	✓
Earn Loyalty Rewards Points & Increase percentage		✓	✓	✓	✓
Earn Commissions			✓	✓	✓
Free Product of the Month benefits (order by 15 <sup>th</sup> )				✓	✓
Free product promotion					✓

25% Wholesale Discount				
Percentage Back in Product Credits				
10% Months 1-3	➔	15% Months 4-6	➔	20% Months 7-9
		➔		25% Months 10-12
			➔	30% Months 13+
Total Savings & Credits				
35%	40%	45%	50%	55%

Wholesale Customer	Wellness Advocate
<ul style="list-style-type: none"> <li>Product discounts</li> <li>Loyalty Reward Points (LRP)</li> <li>Shipping Rewards</li> <li>Free Product of month</li> <li>\$25 annual renewal fee (Get a free 15ml Peppermint oil \$27.33 Value)</li> </ul>	<ul style="list-style-type: none"> <li>Product discounts</li> <li>Loyalty Reward Points (LRP)</li> <li>Shipping Rewards</li> <li>Free Product of month</li> <li>\$25 annual renewal fee (Get a free 15ml Peppermint oil \$27.33 Value)</li> <li><b>Share essential oils with others</b></li> <li><b>Earn commission <u>unlimited income</u></b></li> <li><b>No obligation to 'work'</b></li> <li><b>Free Personal website</b></li> </ul>

Get your oils for FREE
<ul style="list-style-type: none"> <li>Have 15 team members ordering 100+ as soon as you can. Average of \$300 per month.</li> <li>Set a goal to get \$50 Power of Three commission. You and three friends order 100+ PV each month with a total 600 Team volume.</li> </ul>



## Lesson 2. Muscle Testing Personalized Solutions

### □ Intuitive Powers

- We all have an inner guide we call intuition. The heart-compass. It is the alignment of our heart, gut, and mind working together. These people have a strong sense of truth.
- Muscle strength response testing ('muscle testing' for short) as a way of accessing the subconscious mind and the spirit. I believe that muscle testing can help identify imbalances in the physical body such as in the organs, nerves, and glands and in the spirit such as in your chakras, auras and grids etc.
- Imbalances usually comes from negative thinking and subconscious false beliefs. Once we correct that imbalance, we can be more aligned with our higher self. As we resolve each level of imbalance, we learn to master ourselves more and more thus achieving more enlightenment.
- In muscle testing, we ask, 'yes' or 'no' questions. For a 'yes' answer to a question, our reptile, mammalian and cortex parts of our brain fires electrical impulses simultaneously making our muscles slightly stronger when we put resistant pressures on it. For a 'no' answer, the three parts of the brain takes a little longer to fire making the muscles weaker. The idea behind muscle testing is to differentiate between weak and strong muscle responses.
- A weak test generally means no, and a strong test means yes. This is a natural lie detector of sorts to help us identify a 'yes' or 'no' answer to the question we are asking.
- Practitioners say that by correcting this muscle weakness, you can help heal a problem in the associated internal organ, energy or mind.



wondering what essential oils you need?



#### HIEIRACHY OF CONNECTION TO THE SUBSCONSCIOUS

INTUITION  
MUSCLE TESTING  
BIOSCANS  
THE SMELL TEST  
REFERENCE GUIDES





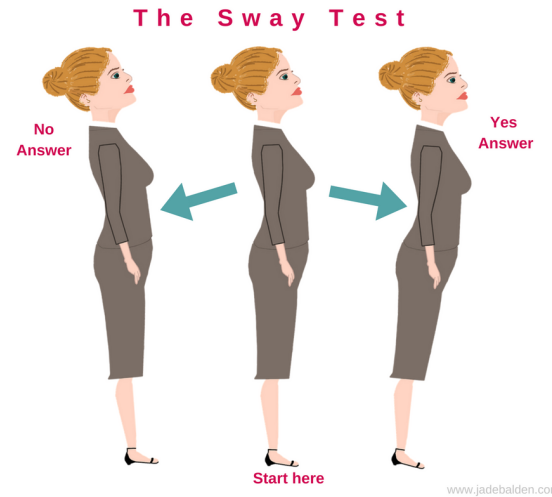
## The Sway Test

### Sway Test

To do the sway test, stand with arms by your sides. With your eyes closed clarify the baseline by asking, "show me what, 'yes' looks like." Usually yes is rock forward slightly. Sometimes, the body rocks back and forth. Then we can say, "show me what, 'no' looks like." Usually the person rocks back slightly. Sometimes, the body rocks sideways.

Try the sway test for yourself.

1. Say, "Show me, yes."
2. Say, "Show me, no."
3. Say, "I am (your name)."
4. Say, "I am (another's name)."
5. Say, "I have a (the color of your car) car."
6. Say, "I have a (a color NOT the color of your car) car."
7. Do I need an essential oil? Yes/No
8. How many oils do I need? (count) 1, 2, 3, etc.
9. Does the first oil start with A-M/N-Z? Yes/No.  
(Go through the alphabet a, b, c, etc.)



## Ring and Finger Test

### Ring and Finger Test

Another way to test is to do the ring and finger test. Make a ring with your middle finger and thumb. Use the index finger of the other hand and to try and break the ring when you ask questions. You don't have to hold the ring too tightly.

Prequalify your mind and energy, creating a baseline by saying say, "Hold strong for yes, go weak for no."

Try the Ring and Finger for yourself.

1. Say, "Show me, yes."
2. Say, "Show me, no."
3. Say, "I am (your name)."
4. Say, "I am (another's name)."
5. Say, "I have a (the color of your car) car."
6. Say, "I have a (a color NOT the color of your car) car."



## The Ring in Ring test

### Ring in Ring Test

Make two rings with your fingers on each hand putting one ring inside the other.

Try the Ring and Ring for yourself.

1. Say, "Show me, yes."
2. Say, "Show me, no."
3. Say, "I am (your name)."
4. Say, "I am (another's name)."
5. Say, "I have a (the color of your car) car."
6. Say, "I have a (a color NOT the color of your car) car."



## Arm Resisting Test

### Arm Resisting Test

This can be done with the legs too. We start with one person holding out an arm for another person to push down gently. I usually tell the person I am testing to resist enough to match my strength as I push down. We are not trying to do an arm wrestle. We are simply trying to discern the difference between the strong and weak muscle responses in the arms. Push down slightly after speaking each of your question.

Try the Ring and Ring for yourself.

1. Say, "Show me, yes."
2. Say, "Show me, no."
3. Say, "I am (your name)."
4. Say, "I am (another's name)."
5. Say, "I have a (the color of your car) car."
6. Say, "I have a (a color NOT the color of your car) car."



**TIP:** Use Patchouli oil on your body often so your mind and body connect. Apply Sandalwood oil on your forehead especially on your 3rd eye (the space between your eyebrows) to help you as you practice and not overthink.

## Energy Balancing with Faith

If you would like to learn more about energy healing please visit my website  
<https://jadebalden.com/energyhealing/learn/>

- ♥ Master healing mind, body, & spirit by aligning thoughts & beliefs to God
- ♥ Find your true happiness & inner power
- ♥ Develop your intuitive powers within by being more self-aware and mindful
- ♥ Allow love into your heart & recognize your true self-worth
- ♥ Discover your life's purpose & calling
- ♥ Release false beliefs & fears that hold you back from the success you deserve
- ♥ Enjoy greater health & vitality
- ♥ Unlock your creativity
- ♥ Allow deeper healing with natural solutions such as essential oils
- ♥ Become an "Earth Angel" and bless lives in your circle of influence

