

Winter Wellness

NATURAL HEALTH SOLUTIONS FOR YOU & YOUR FAMILY



My Top 3 Health Priorities

1. _____
2. _____
3. _____

What Are Essential Oils

- They are extracts from plants, found in seeds, bark, roots, etc. and are 50 - 70x more powerful than the herbs. 1-2 drops is all you need to use & it's pennies per use!
- Essential oils have been used for centuries for physical and emotional wellness and they work with the body to address issues & root causes, without building up a resistance.
- Inhaling essential oils stimulates the olfactory system, the part of the brain connected to smell. Molecules that enter the nose or mouth pass to the lungs, and from there, to other parts of the body.
- 22 seconds molecules reach the brain, 2 minutes found in blood stream, 20 minutes can affect every cell in the body.

Why doTerra

- Not all essential oils are created equally, no one regulates essential oils. This allows for companies to be dishonest about ingredients, they can claim they are 100% pure, when they actually have very little essential oil and the rest can be synthetic or fillers.
- dōTERRA is the most tested & trusted essential oil on the market. There are no chemicals, pesticides or fillers found in ANY of their oils. Making them safe for the whole family.

Making A Difference

- While the temptation for a company as large as dōTERRA may be to buy large plots of land and mass produce oils, dōTERRA places great value on the expert knowledge of local farmers and distillers, many of whom have nurtured essential oil plants for generations.
- Co-Impact Sourcing is an initiative that seeks to develop long-term, mutually beneficial supplier partnerships while creating sustainable jobs and providing reliable income in underdeveloped areas.
- Additionally, the dōTERRA Healing Hands Foundation helps support development projects in sourcing communities. Projects include schools, health clinics, improved infrastructure and clean water systems.

Sinus Steam Cup

This steam cup is a great way to help with coughs and sinus issues. Add one drop of each oil in hot water, close your eyes and inhale. Repeat as needed.



How To Use Them

Aromatically (Smell them)

- Place a drop in palms, rub together & inhale
- Add 5-7 drops to diffuser to boost mood, cleanse air & provide respiratory support
- Add oil to a batch of laundry or to dryer sheets

Topically (On Skin)

- Apply 1-2 drops to area of need, bottoms of feet, wrists, or back of neck
- Dilute with carrier oil, like Fractionated coconut oil, to help oils absorb into skin & prevent any skin sensitivities
- Dilute more for kids (see dilution chart)
- Add 2 drops to a bath

Internally (Taste)

- Add desired oils into empty veggie cap
- Use only internally when bottle says "Supplement facts"
- Place under your tongue or gargle in a small glass of water
- Add 1-2 drops to a glass of water - Not in a plastic container
- Lemon is a great oil to add to your water daily for flushing toxins

energy boost

Put a drop of peppermint & wild orange in your palms, rub together, cup over nose and inhale. Then rub on the back of your neck.

Sleep + Stress

Lack of sleep can affect your immune system. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus. When we are stressed, the immune system's ability to fight off antigens is reduced.



Tips

- Apply oils topically before bed or when stressed
- Diffuse your favorite calming oils
- Apply Balance to bottoms of feet every morning

- Lavender
- Breathe
- Serenity
- Balance
- Adaptiv
- Cedarwood
- Serenity Restful Softgels
- Adaptiv Capsules
- Copaiba Softgels

Immune Support

The On Guard line supports healthy immune & respiratory function. It can also be used on surfaces throughout the home as a non-toxic cleaner.



Tips

- Add 1-2 drop of Lemon or On Guard to your water
- Diffuse On Guard to help purify the air

- On Guard
- Oregano
- Breathe
- Lemon
- Tea Tree
- Frankincense
- Copaiba



Healthy Foundation



As one of doTERRA's most popular products, doTERRA Lifelong Vitality Pack is full of essential nutrients, metabolism benefits, and powerful antioxidants designed to help promote energy, health, and overall health.

Lifelong Vitality Supplements

General wellness and vitality
Antioxidant + DNA protection
Energy metabolism
Bone health
Immune function
Stress management
Cardiovascular health

22 Essential vitamins & minerals
Healthy hair, skin, and nails
Eye, brain, nervous system
Liver function and digestive health
Lung and respiratory health
Gentle on stomach
Non-GMO, gluten-free, dairy-free

80 Percent of Your Immune System Is in Your Gut

- PB Assist - Pre & Pro-Biotic that supports healthy digestion plus Immune system (PB Assist Jr. for kids)
- TerraZyme - Digestive Enzymes that support healthy

Everyday Health

10ml Roller Bottle

10 drops On Guard
10 drops Tea Tree
Fill Remainder with FCO
Roll on bottoms of feet daily

Immune Bomb

10ml Roller Bottle

10 drops Lemon
10 drops Tea Tree
10 drops On Guard
10 drops Oregano
10 drops Frankincense
Fill Remainder with FCO
Roll on bottoms of feet every few hours

Sleep Well

10ml Roller Bottle

15 drops Lavender
5 drops Breathe
Fill Remainder with FCO
Roll on bottoms of feet and/or chest before bed

Easy Breathing

10ml Roller Bottle

20 drops Breathe
Fill Remainder with FCO
Roll on bottoms of feet and/or chest for respiratory support

Sore Throat

In a small glass of water, put in 1 drop of On Guard and gargle

In a spoonful of honey add 1 drop of Lemon, On Guard, Peppermint and eat

For kids rub diluted Lavender and Frankincense over throat

Start using Immune Bomb Roller Bottle