AN INTRODUCTION TO ESSENTIAL OILS
Essential oils are natural extracts from the seeds, stems, roots, flowers, bark and other parts of the plant. They have been used throughout history and are well known for their medicinal and therapeutic benefits. In today’s modern world, scientific studies and trends towards a more holistic approach are opening the way for families to reinvent healthcare, right in their own homes. This is good news! Let’s face it, with the mistakes made in hospitals and with prescription medications, it is a great alternative to the danger that is there.

Taking the power of your family health back into your hands, is a rewarding endeavor and one that you definitely want to investigate. Many families are now turning to this form of natural holistic care. How about you? Let’s learn more.
Doctors and body medicine

In days gone by, people turned to plants to heal themselves. Even old time country doctors healed with plant based medicine. The body knows how to heal with plant based material but modern day medicine is still a foreign substance to our bodies. Although many medications have a tiny resemblance of a plant source, most are toxic chemicals that create havoc in the body and make a person sicker with the side effects. To draw upon the gifts of the earth, plants, to heal our bodies, is a profound way of healing, as well as a safe one!
Let’s explore this together.
On Cleansing

"We are much better off taking a daily approach, and being supportive to the cleansing organs that are designed to detoxify our bodies."  

Dr. David K. Hill
We love to smell flowers and plants, and without knowing it, you have experienced the power of plant medicine. We are drawn to it and it makes us feel good. This is because those plants have these oils that protect them from predators and disease, keeping them healthy, and us too! When you choose plant oils you are making a powerful choice for your health and the health of your family. The oils are safe, effective and costs far less than conventional medications. In fact, these oils can go where conventional antibiotics cannot, right into the cell wall and destroy virus and bacteria! While medicine takes time to work, relief comes in minutes or seconds, with the application or ingestion of oils. Yes, most of these oils can be used internally due to their pure grade quality.
For any imbalance that your body might have, there is an oil, sourced from plants, that can bring your body back into balance. When you align your body with plant vibrations, it raises the body to a new vibration. So say you have sadness or depression, oils can lift you out of it. Beyond that, they also can eradicate deep emotions from the body easily and safely. If you have a headache, oils can ease it in minutes. Body aches and pains are also taken care of with application of essential oils. Teeth, gums, sinus infections, colds and flus are covered with the use of oils.

While essential oils are widely known for the pretty smell they emit, these pure, therapeutic grade oils are far beyond that. The work on the source of the concern to bring the body into balance and powerful medicine. So, as you see, if you have a health concern, yes there is an oil for that.
YOU GET TO CHOOSE

Plant oils

FOR A BETTER NIGHTS SLEEP DIFFUSE:

BALANCE
LAVENDER
SERENITY
BREATHE
BERGAMOT
ROMAN CHAMOMILE

dōTERRA

Medicine
Here you see some common drugs given over the counter, and a corresponding natural plant oil that resolves these concerns, easily and safely with no doctor visit. Millions of people have seen results for conditions such as pain, candida, digestive, asthma, body aches, sore throat, nausea, insomnia and more. For every condition, there is an oil that brings the body balance back, without harmful chemicals or side effects. Many Moms want to have safer alternatives to support their children and are finding these oils as a relief! Why, kids even want to go to sleep at night now, as they are calmer too.
A Testimonial about Hot Flashes

Jeannie - I started having hot flashes last April and they were gosh awful. I didn't want to use synthetic drugs nor bio-identical replacements. I began with Balance on the back of my neck, along with Clary Sage and Peppermint every morning, then by 3:00pm I usually need to reapply the Clary Sage and Peppermint. It wasn't giving me the relief I desired so I switched to Geranium instead of Clary Sage and have been relatively free from hot flashes since (as long as I use them consistently), If I get hot, I apply the Peppermint to keep a hot flash from coming on. I also smell divine and get lots of compliments from the Geranium scent!

I am not sure of your entire situation or medical history but I am totally comfortable using these oils in lieu of any type of estrogen replacement. I highly recommend this protocol.
Welcome to your new medicine cabinet!

Cost in Dr. Visit
Time off from work
Loss of sleep
More meds

Pennies per dose
Quick, easy and almost immediate Relief
Saves time, money, sleep and nerves.

Which cabinet costs more?

Does this sound good to you?
Immune support

**ON GUARD™** Natural Defense

- Diffuse in a room to eliminate airborne pathogens
- Dilute in spray bottle to clean doorknobs, telephones, and other community surfaces
- Dilute and gargle morning and night as a protective mouth rinse
- Take several drops in an empty gelatin capsule for added immune support
A Testimonial about Broken Bones

Karen - I am so excited to be able to share this experience with you. I have the "Fire in the belly" feeling now when it comes to the oils, and I will tell you why. Three and one-half months ago I fell while exercising and broke my shoulder. It was not just a "break", but an avulsion fracture. That meant that the muscles supporting the shoulder literally pulled the front bony part of the shoulder up (the fracture) from the force of the fall. Needless to say, I lost the use of my arm within minutes. After the hospital visit and x-rays, we came home to wait for the orthopedic surgeon to see me...in three days!!

We live in a small town. I was in shock and called my daughter-in-law to come help me know what to do. I have gluten intolerance, so the gut issues make it hard to take pain meds. Guess what I had to use? That's right, the oils. I thought, “This will be a real test.” We applied Balance, then Lemongrass, then Cypress. When I say applied, it was like putting salt and pepper on food. Not just one or two drops, but we shook it on. Immediately I felt better. I began to relax and spent the next few days layering the oils every two to three hours, my arm resting in a sling until the doctor was in. When I got to the doctor’s office, he looked at the x-ray, came in and explained that he needed to do surgery to put a plate with six screws in to repair the damage so the muscles would reattach properly. I asked him what my other options were? He said I could wear a sling (the kind you have to wear after surgery) for six weeks. He would x-ray it every week, and if there was the slightest bit of movement, we then would do surgery. I opted for that.

I used the oils frequently, according to how they smelled. If one made me nauseous, I would use another. I used Wintergreen for pain, Marjoram for muscle repair, Lemongrass for ligaments, Cypress for circulation, Balance for grounding and the emotions associated with not being able to use my arm. I diffused Frankincense, Elevation, and Citrus Bliss to help me be upbeat. I used Deep Blue for everything it can do. I bathed in Lavender and Cypress. And, the last two weeks I was able to get Birch for bone. The power from that single oil was amazing! I added a few drops of Helichrysum to the Deep Blue for tissue healing.

Every week I had an appointment with the doctor and every week he said next week we may do surgery, up until the fifth week. At that visit he said, the bone is healed. Let me have your sling. I want you to start physical therapy. He then shook my hand and said I’m really glad we didn’t do surgery. WOW! I have my testimony, I have full use of my arm back and I have a Fire in the belly about these amazing oils. I cannot NOT share what I know and experienced and I challenge all of you to prove the oils for your own selves.
As I said, these oils can be used internally and even in recipes. Although using them without heat applied is a good thing, cooking and baking with them is great too. You will get the benefits of the oils and the great flavors too! Wild Orange, Lemon, Basil, Oregano, Cinnamon, Clove, Ginger and Rosemary are popular oils that are used in cooking and baking. They are very powerful and it only takes a bit to create great flavors in your food. Your family will look at you like a gourmet cook after this! You will love experimenting with them.
When you see these oils arrive in your mail, and then feel their power for your health, it is one of the most incredible gifts that you will ever have been given. To be introduced to these oils, changed my life and will change yours too. Most can be applied right on the skin, used internally, diffused in a room, car or anywhere. Stronger oils are diluted with carrier oils, such as coconut. It is so wonderful to add these to your shower or bath, along with Epsom salts, for a relaxing, soothing experience. Or you can add invigorating citrus oils to refresh and energize, it is all up to you. To have these oils in your self care routine makes you look and feel great too, while healing your concerns. Wow!

**Ways to Use**
A Testimonial about Anxiety

Amy - I have been suffering from depression and anxiety for many years, and have been on medication for it. I weaned myself off the medication and was doing ok for a while, but relapsed. I then learned about doTerra, and have been using the oils to help keep me out of a slump, and also to calm me when I'm anxious.

I apply the Elevation blend to my chest in the morning most days. If I'm feeling anxious I'll apply the Serenity blend to my wrists, and at night to help me sleep I apply the Lavender to the bottoms of my feet (unless I'm using the On Guard at the moment too, then I put the On Guard on the bottoms of my feet and the Lavender on my chest.)

I have had much more stable moods since. If I start to feel something in the middle of the day, I'll reapply, and I feel calmer within a few minutes. Otherwise I just do the morning & evening things. I'm amazed at how well the oils keep me balanced without any pharmaceuticals.
The Choices

Now that you have learned a lot more about doTERRA Essential Oils, you can now make an informed choice for your health and the health of your loved ones. You have seen how they are a safe and holistic way to care for your family naturally and easily.
You are now invited to decide to order your very own kit, for use at home with your family. Although you may order them from the person who sent you this, you can ask her how you can get:
1) your own oil kit
2) your own wholesale account
3) an income producing opportunity for you!
There is no pressure, you can simply order the oils and use them. If you decide to share them or create a business for yourself, that is all up to you. You always get to choose without any pressure.
A Testimonial about Headaches

Dani - I have had many experiences with doTERRA essential oils in the last few months and I would like to share them with others.

I have yet to believe how fast I can get rid of my fiancé’s and my pain! I’ve had headaches so bad in the back of my head for years that only the expensive chiropractor could fix, until this morning when I put some Deep Blue and coconut oil on my neck. It works so fast that it is unbelievable relief! Same with my hands and other sore joints. I knew that years of popping my joints would come back to haunt me!! But the oils have been great!!
dōTERRA is committed to sharing the life-enhancing benefits of therapeutic-grade essential oils and essential oil enhanced wellness products with the world.

To be able to change the health AND the wealth of your family with these oils is extraordinary! Ask about this today? It will be One of the best decisions you have ever made.

Also dōTERRA wants to get people, their Wellness Consultants out of debt.
My personal testimonial about the use of these oils:

I have worked the night shift as an RN for over 18 years and my body was having difficulty adjusting to this big change when I switched to days. Using doTerra’s Balance and Serenity allowed me to have a more restful nights sleep. Balance (Grounding Blend) creates a sense of calmness and well-being and I use it with Serenity with its calming and relaxing properties. I am hooked on these oils! Another one of my favorites is Breathe.
A note from Bing Deduro:

The blend includes Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon and Ravensara and it helps me with my chronic sinusitis. My 7 yr. old nephew with asthma told his mom on the first night he used Breathe that it made him breathe easier. I shared this oil with my co-worker and she felt instant relief from her nasal congestion after a few minutes of inhaling 3 drops of Breathe. I am hoping that I would be able to educate and inform friends and family about the therapeutic benefits of doTerra Essential Oils. Using EO can be both profoundly simple and life changing at the same time. Please allow me to be a part of your journey to health. Your Health Coach and Wellness Advocate

Bing Deduro.
Meet Your Wellness Advocate and doTERRA Representative

Your Health Coach and Wellness Advocate, Bing.