Kristi & Amelia

01.08.2012
WHAT IS AN ESSENTIAL OIL?

✴ Natural aromatic compounds found in plants
✴ Steam distilled or cold pressed extraction
✴ Powerful, safe benefits without side effects
The doTERRA Difference

- **PURE**—100% natural, no artificial ingredients, fragrances, or fillers
- **SAFE**—Certified to be free of pesticides and other chemical residues
- **POTENT**—Standardized active compounds

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ONE drop of peppermint essential oil is equivalent to 28 cups of peppermint tea!
Nursing Times “Using Aromatherapy in Childbirth”

A research study published in Nursing Times - March 2, 1994, Vol. 90, No. 9, "Using Aromatherapy in Childbirth"

Summary: A study of 500 women in the delivery suite. Essential oils used: Lavender, Clary sage, Peppermint, Eucalyptus, Chamomile, Frankincense, Jasmine, Rose, Lemon and Mandarin.

Methods of Application: (1) *Spray of 100 cc water with 2 drops e.o on face sheet, pillow, or bean bag or (2) 4-6 drops oil in bath or 2-3 drops of oil in foot bath or (3) Inhalation or (4) Massage with 2 drops in 50 cc of almond oil.

Results: Overall satisfaction with the "aroma" - rid the hospital smell which decreased anxiety.
Lavender - reduce maternal anxiety, pain relief, lighten mood, calm contractions if woman needed rest (Early in Labor)
Peppermint - Nausea & Vomiting
Clary sage - Increase Contractions

74% of women used no other form of pain relief

Read more: http://www.naturesgift.com/childbirth.htm#ixzz2Dkv9k8Yn
In a Capsule
Under your tongue
In a glass of water or juice
In a teaspoon with honey
Digestive system support
Illness Bacterial-Viral
Topical

★ 1 drop of essential oils will service every cell of your body
★ Apply to bottoms of your feet to enter your bloodstream
★ For children and babies dilute in fractionated carrier oil
★ Apply to head, feet, ears, chest & back of neck
★ Use to treat inflammation, rashes, skin infections, acne, bug bites
Essential Oils for Pregnancy?

Stephanie Fritz LM, CPM
Say,“ She uses ALL doTERRA essential oils during pregnancy both internally and topically. She doesn’t know of ANY adverse reaction to these oils during pregnancy, but she can only say this about doTERRA not any other brand.”

Essential Oil Safety - Common Sense
Nausea & Indigestion

✴ Nausea & Indigestion: Peppermint, Ginger, Fennel or DigestZen

✴ Fennel, Ginger or Peppermint in a gel cap

✴ Ginger & Lemon mix with water with honey or stevia

✴ Morning Sickness: Lavender, Sandalwood & Ginger mix with FCO and massage on belly
Muscle Aches, Leg Cramps & Stretch Marks

Stretch Marks: Immortelle
Leg Cramps: Soak feet in a warm bath with Geranium, Lavender, Cypress
Sore Muscles: Deep Blue, Past Tense, Aroma Touch, Peppermint, Marjoram, Geranium, Lavender, Wintergreen

Lavender may help with early labor - Apply to abdomen to relax uterine muscles
Swelling & Water Retention

Lemon, Grapefruit, Cypress or AromaTouch mix with FCO & massage into hands, feet & ankles

Grapefruit, Lemon and/or Lime into every glass of water 3-4 qt. a day

Did you know? Your pregnant body doubles its fluid by 28 weeks! doTERRA Essential Oils help your body’s natural ability to improve circulation
Essential Oils for Labor

✴ Balance: Apply to feet to help instill confidence throughout the labor process

✴ Serenity or Elevation: Reduces anxiety, stimulates circulation, calming or gives energy which ever is needed

✴ Deep Blue, Past Tense, Peppermint, White Fir, Black Pepper for back labor

✴ Orange & Frankincense in labor room to calm everyone!
Oils for the New Baby

- Frankincense on the crown of the head and spine
- Myrrh on umbilical cord to help seal tissue & protect all systems of the body
- Balance on the bottom of feet to ground and align baby
- Melissa on bottoms of feet
Delivery Tip!!!

For perineal support

Helichrysum to create a lubricant oil for crowning. Mix 20 drops w/ 2Tbs. FCO & apply all over perineum.

Helps to stretch tissue while minimizing swelling, and avoiding tears.

Helps prevent bruising of baby’s head.

*Peppermint & Myrrh with FCO - may help to turn a breech baby*
Postpartum for Mom

After Pains: Solace or White Fir & Lavender

Peri Spray: 15ml spray bottle, Immortelle 20-30 drops, FCO

Grounding: Balance
Emotional Support / Baby Bonding

Balance ~ Grounding
Serenity ~ Calming
Citrus Bliss ~ Invigorating
Elevation ~ Joyful
Breast Feeding

Dry cracked nipples: Myrrh, Geranium or Sandalwood with FCO

Mastitis (breast infection)
Melaleuca, Thyme, Clove, Rosemary or Wild Orange & Lavender. Massage into breast & lymph nodes under armpit

Increases Milk Flow: massage 2-3x a day avoid nipple
Fennel, Basil or Geranium

Decrease Milk Supply: Peppermint
Healthy Baby

Overall Wellbeing: FRANKINCENSE on back, BALANCE on feet

Jaundice: GERANIUM & LEMON on bottoms of feet to help support liver in breaking up bilirubin

Colic or Tummy Aches: DIGESTZEN or FENNEL rub on belly

Teething: CLOVE & FCO apply to gums or ROMAN CHAMOMILE rubbed along the teeth & jaw line
Lifelong Vitality Supplements

- **Alpha CRS+**
  - Reduces oxidative stress
  - Supports healthy cellular immune function

- **MicroPlex VMz**
  - Easily absorbed micro trace minerals
  - Optimal for bone and metabolic health
  - Tummy Tamer™ blend of peppermint and ginger to calm stomach

- **xEO Mega**
  - Cardiovascular system
  - Brain health
  - Healthy joints
Terra Zyme

Whole Food Formula
Take 1 in the AM/PM on empty stomach
1-2 EVERY meal
a2z Chewable Tablets IQ mega

- Deodorized, flavorless
- 1000 mg omega 3’s per serving
- Pure marine lipids
- Wild Orange essential oil

- Vitamin & mineral blend
- Alpha CRS+ antioxidant blend
- Whole-food extract blend
- Sweeteners: molasses, honey & maple sugar

dōTERRA Certified Pure Therapeutic Grade
Maintain Your Daily Health Routine for You & Your Baby
Establish a Daily Health Routine for YOU & YOUR BABY

✴ 80-100 gm protein daily
✴ Lemon in ALL your water (drinking 3-4 qt daily)
✴ Dark Green Leafy Veggies
✴ Apply Balance & OnGuard to feet AM
✴ 1 drop Melissa under tongue AM
✴ 3-5 drops Frankincense AM
✴ 10 drops of Grapefruit in gel cap AM
✴ Slim & Sassy 3-5 drops 3-5x a day (not while BF)
✴ Zendocrine 3-5 drops in gel cap or topically over liver
✴ Lifelong Vitality Pack (Best Prenatal vitamin)
✴ PB Assist daily
✴ TerraZyme 1-2 on empty belly AM/PM and with meals
✴ Favorite Stress Free Oils: Roman Chamomile, Bergamot, Frankincense, Lavender, Serenity, Vetiver
Become an oil EXPERT!!!

Facebook Group doTERRAPDX
Facebook Group Joyafamily
www.joyafamily.com for silent and recorded webinars
www.everythingessential.me
Invest in your HEALTH TODAY!

- RETAIL (FULL PRICE)

- WHOLESALE ACCOUNT (IPC)
  $35 - FREE with Enrollment Kit
  Save 25% on ALL PURCHASES
  Web Site
  Share the oils & earn COMMISSIONS
  Earn INCENTIVES
  JOIN OUR COMMUNITY!!!
Premium Birth Kit
doTERRA Every Oil Kit $1525
$174 Savings + 200 Free Product Credits + 20% LRP
Natural Solutions Kit $550
100 Free Product Credits + 15% LRP
Family Wellness Kit $250
Family Physician Kit + FREE Slim & Sassy $150.00

FAMILY PHYSICIAN* AND SLIM & SASSY* KIT

- Family Physician Kit: 5 ml bottles of lavender, lemon, peppermint, melaleuca, oregano, frankincense, Deep Blue®, Breathe, DigestZen®, and On Guard®
- Slim & Sassy
- dōTERRA IPC Introductory Packet®
- Enrollment

4049 $150.00 110 PV
BUSINESS OPPORTUNITY

Get your oils for FREE, Earn EXTRA Income, REPLACE your Income
Invest in your health today and open your LRP

dōTERRA Loyalty Rewards
# Essential Birth Kit

- Frankincense
- Wild Oragne
- Myrrh
- DigestZen
- Balance
- Deep Blue 5 ml
- Helichrysum 5 ml
- AromaTouch
- Serenity
- Ginger
- Whit Fir
- Melissa 5 ml
- Peppermint

- Solace 10 ml roll-on
- Geranium
- Fennel
- Clary Sage
- Ylang Ylang
- Ace Diffuser
- Fractionated Coconut Oil
- doTERRA IPC Introductory Packet
- Membership Enrollment
- Business Website
- Virtual Office Website

**Regular Price:** $1027.96  
**Your Price:** $716  
**SAVE:** $311
Pregnancy & Basic Birth Kit

* Frankincense
* Myrrh
* Balance
* Helichrysum 5ml
* Serenity
* White Fir
* Peppermint
* Geranium
* Fractionated Coconut oil
* doTERRA IPC Intro Packet
* Membership Enrollment
* Business Website
* Virtual Office Website

Regular Price: $431
Your Price $361
SAVE: $74
### Compensation Plan Averages

<table>
<thead>
<tr>
<th>Paid Rank</th>
<th>Range Paid</th>
<th>Avg. Earnings</th>
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<tbody>
<tr>
<td>Silver</td>
<td>$227 - $13,000</td>
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<td>Gold</td>
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<tr>
<td>Presidential Diamond</td>
<td>$48,317 - $108,370</td>
<td>$65,459</td>
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LIFELONG VITALITY PACK

- **ALPHA CRS**
  - Cellular Longevity Blend
  - Energy, Cellular Health, Oxidation & Inflammation

- **EO MEGA**
  - Essential Fatty Acids
  - Omega 3 Fatty Acids from marine and land based sources

- **MICROPLEX VM**
  - Essential Vitamins
  - All the vitamins and minerals you need for daily health from whole food sources

Contains 9 Essential Oils: Clove, Frankincense, Thyme, Cumin, Peppermint, Ginger, Caraway & German Chamomile