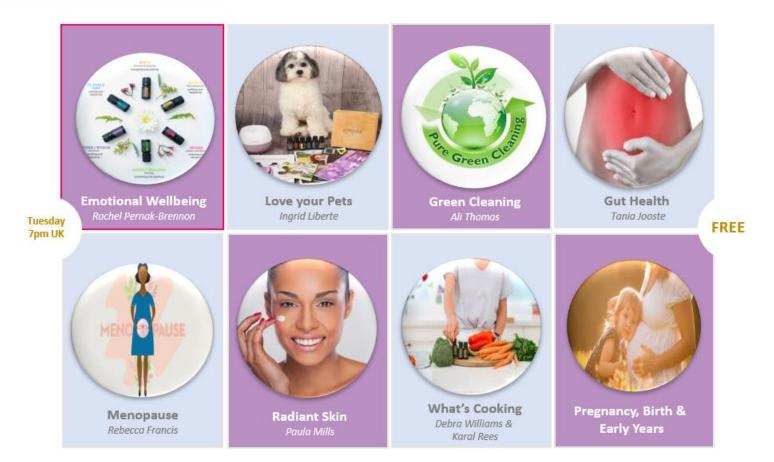
# Welcome to the world of doTERRA New Member

Induction





**FREE Educational Classes** 



An amazing bonus to your membership

Your Priorities!

Please Share your priorities with your doTERRA sponsor So they can help and support you to achieve your goal



What would you like to achieve in doTERRA?

Importance of Preventative Health Care

# The first Wealth is.... Health!

### Preventative Healthcare – daily habits!

# Disease prevention relies on anticipatory actions



Preventive healthcare is especially important given the worldwide rise in prevalence of chronic diseases and serious illness. In doTERRA you have an opportunity to increase your understanding of how you can take control your health naturally, reducing your risks and improving the probability of living better for longer!

#### Supporting optimal immune system function



Preventative health care consists of measures taken for disease prevention, as opposed to disease treatment. Just as health comprises a variety of physical and mental states, so do disease and disability, which are affected by lifestyle behaviours, environmental factors, genetic predisposition, and disease agents.

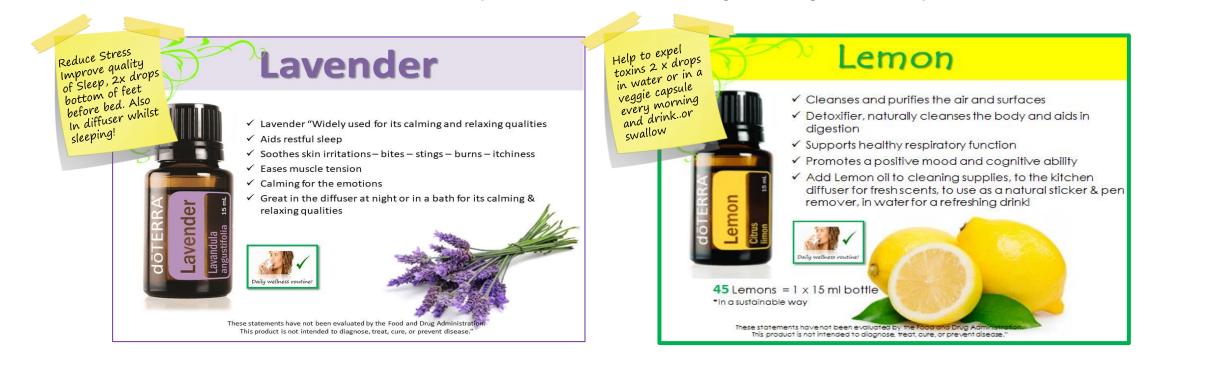
We must pay more attention to these 4 key areas of health!



# ✓ Alternative to support existing conditions✓ Preventative Health Care

We are all creatures of habit, and routines offer a way to promote health and wellness through structure and organization. Having a routine can greatly improve your health. Understanding how our essential oils and health supplements can support you in establishing part of you routine is a great place to start.

### Let's look at what oils you can start using straight away...



2 x Drops In water & drink Or in Veggie Capsule & swallow Every day to Support cellular health,& boost immune System.



### °Frankincense 👾

- Frankincense "The King of all oils" When in doubt, use this oil. Powerful anti-inflammatory oil
- ✓ Helps build and maintain a healthy immune system
- ✓ Frankincense is a natural painkiller
- ✓ Helps prevent the breakdown of cartilage tissue by inhibiting the production of key inflammatory molecules
- ✓ Promotes cellular health /operate at optimum level
- ✓ Anti-Aging and Wrinkle Fighter. Beautifying for the skin, reduces the appearance of skin imperfections, blemishes, and stretch marks"
- Helps regulates oestrogen production in women and helps reduce the risk of post-menopause tumour or cyst formation in the uterus (uterine cancer). It also regulates the menstrual cycle of premenopausal women
- ✓ Boosts to other oils!
- ✓ Very spiritual meditative oil so great to diffuse to relax and rest the mind
- Frankincense oil has the ability to pass the blood brain barrier to assist in any brain disorders





These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease." 2 x Drops In water & drink or in Veggie Capsule & swallow Every day to Optimise Gut Health..





#### ✓ ZenGest Digestive blend

- ✓ Aids in the digestion of foods
- Acid reflux
- 🗸 Heartburn
- ✓ Motion sickness
- 🗸 Gas!
- ✓ Soothes stomach upset diarrhoea, constipation
- Maintains a healthy gastrointestinal tract
- ✓ Great to use after a large meal, to help our digestion, reduce bloated feeling



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

### Getting to Know Your 10 x Core Oils... Click on the image for more Product Information



Oregano

#### ✓ Oregano "Nature's most powerful antibiotic

- Used as a powerful cleansing and purifying agent
- ✓ Provides immune-enhancing benefits
- ✓ Used to remove warts, verruca's
- Excellent source of antioxidants"

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- ✓ When feeling unwell it can be mixed with Melaleuca to make a very powerful force
- ✓ Oregano is HOT oil and needs to be used in conjunction with carrier oil. Can also be used in veggie caps and swallowed

70 times more powerful than herbs!

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

### On Guard

- On Guard Protective blend A powerful oil to ward of viruses bugs and germs
- Supports healthy immune function
- Protects against environmental threats
- ✓ Great to apply to the bottom of children's feet before going to school to support the immune system
- ✓ Cleanses surfaces
- Purifies the skin while promoting healthy circulation
- Energizing and uplifting aroma"
- Great to diffuse in meeting rooms with Wild orange to purify



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

# Cleanses and purifies the air and surfaces Detoxifier, naturally cleanses the body and aids in digestion Supports healthy respiratory function Promotes a positive mood and cognitive ability

✓ Add Lemon oil to cleaning supplies, to the kitchen diffuser for fresh scents, to use as a natural sticker & pen remover, in water for a refreshing drink!

These statements have not been evaluated by the Food and Drug Administre This product is not intended to alognose, treat, cure, or prevent alsease."

### Melaleuca



- Melaleuca "aka Tea Tree oil" Anti-Bacterial, Anti-Fungal, Antiseptic, Anti-Viral, a very powerful first aid for the skin
- ✓ Renowned for its cleansing and rejuvenating effect on the skin
- ✓ Used to combat cold sores! Spots, Acne,
- ✓ Use on cuts and scrapes to help prevent infection
- ✓ Promotes healthy immune function
- ✓ Protects against environmental and seasonal threats
- ✓ Great in the diffuser to boost the immune system
- ✓ Great hand sanitizers.

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

Air

#### ✓ Air Respiratory blend

- ✓ Maintains clear airways and breathing
- ✓ Supports overall respiratory health
- ✓ Great to diffuse to assist with chestiness, asthma
- ✓ Hay fever

45 Lemons =  $1 \times 15$  ml bottle

\*In a sustainable way

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- ✓ Sinusitis
- ✓ Colds & Flu
- ✓ Apply before a hike, run, or yoga to open the airways and have a better workout!



Peppermint Eucalyptus Cardamom Laurel Leaf Ravinsara Melaleuca

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

#### Frankincense "The King of all oils" When in doubt, use this oil. Powerful anti-inflammatory oil

- ✓ Helps build and maintain a healthy immune system
- ✓ Frankincense is a natural painkiller
- ✓ Helps prevent the breakdown of cartilage tissue by inhibiting the production of key inflammatory molecules

Frankincense

- Promotes cellular health /operate at optimum level
- ✓ Anti-Aging and Wrinkle Fighter. Beautifying for the skin, reduces the appearance of skin imperfections, blemishes, and stretch marks"
- ✓ Helps regulates oestrogen production in women and helps reduce the risk of post-menopause tumour or cyst formation in the uterus (uterine cancer). It also regulates the menstrual cycle of premenopausal women
- ✓ Boosts to other oils!
- $\checkmark$  Very spiritual meditative oil so great to diffuse to relax and rest the mind
- Frankincense oil has the ability to pass the blood brain barrier to assist in any brain disorders



rankincens

Lemon



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





Reduce Toxins – Swap where you shop!



Swap where you shop!

doTERRA has a diverse range of products you probably didn't even realise, we don't just sell essential oils. So the great news is you can 'swap where you shop' you can literally buy from yourself – save money with your increasing discounts which start at 25% increasing up to a MASSIVE 55% on the Loyalty Rewards Program.

You can have whatever you want, **delivered whenever you want**, and you know they do not contain harmful chemicals and are **100% pure and natural... REDUCE TOXIC LOAD – IMPROVE HEALTH – LOOK AFTER YOUR FUTURE SELF – INCREASE YOUR DISCOUNTS!** 

# **Reduce Toxins!**

We all tend to purchase our personal care, home care, and health care products from here there and everywhere at different times of the month. We often lose track of how much we spend, we don't necessarily receive discounts by being a regular customer and often we buy products that contain harmful chemicals. Many of us are creatures of habit without giving to much thought to the outcome!



# Swap Where You Shop! 2.5% OFF!

We used to buy similar products to these from the supermarket & pharmacy but NOT ANY MORE! We've dramatically REDUCED our TOXIC LOAD - Plus WHY would we buy from someone else when you sell it yourself!



GET UP TO an EXTRA 30% BACK on whatever you spend, this is in ADDITION to your 25% off - LRP ORDERS ONLY!

## **Our AMAZING Loyalty Reward Program**



#### Loyalty Rewards Credits

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months 1 to 3	months 4 to 6	months 7 to 9	months 10 to 12	months 13+
10%	15%	20%	25%	30%

Additional Benefit: Product of the Month

One monthly Loyalty Rewards order totaling 125 PV or more that processes on or before the 15th of each month, will include a free product!

\*If you are promoting doTERRA products to others it is a convenient way to meet your 100 PV requirement to qualify to receive commissions \* To receive free product points your order only needs to be 50pv, every product has a PV (product value which is displayed) Loyalty Reward Program: LRP. This is the intelligent way to buy doTERRA products getting the MAXIMUM discounts available, up to a massive 55% off!

For future purchases, please DON'T place a standard 'One-time Order' do it as an 'LRP' order 'Loyalty Reward Program' by doing so you can receive FREE product credits which you then swap for FREE PRODUCTS. We use the one-time orders to redeem product points to get the FREE PRODUCTS of choice!



No-hassle, automatic delivery of the doTERRA products you want & use on a monthly basis, a great opportunity to 'Swap Where You Shop' don't buy 'chemical laden' products from the supermarket, GO NATURAL with doTERRA... we don't just sell essential oils!

6 You mont

You can receive up to an extra 30% back of the Product Value (PV) on your monthly LRP order in product credits, see how your credits grow on the chart



These credits are in ADDITION to the 25% discount you already receive – an equivalent to a MASSIVE 55% OFF IN TOTAL

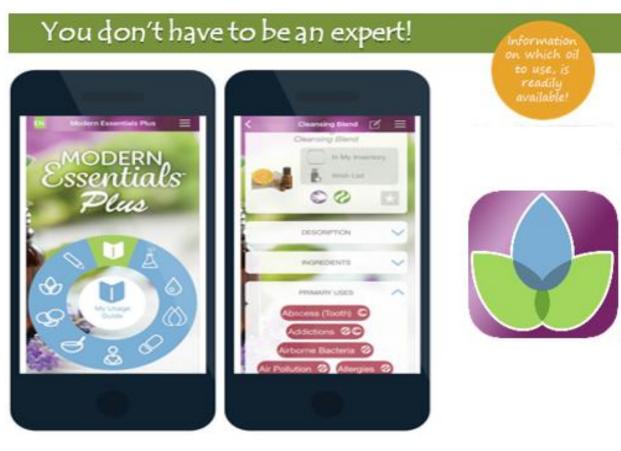


You have the Freedom to edit your LRP template at any time or even cancel it, you are completely in control

With LRP YOU get products for FREE!

Please ASK your enroller to help you set this up





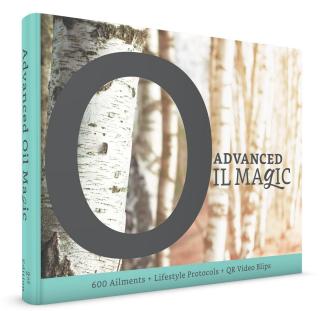
# How to know what Oils to use for what conditions?

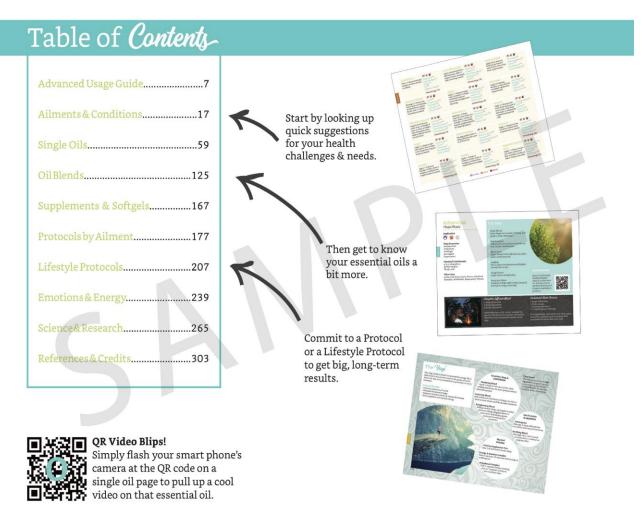
Modern Essential Plus App to your phone – We don't have to be experts to be able to help people or ourselves with essential oils!

Here is a great way to be able to access which oils are best for what condition – Less than £5 from your App store!

# 'Advanced Oil Magic' book









#### Green Mandarin Citrus Nobilis

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### **Main Properties** Immunostimulant

**Chemical Constituents** d-limonene, y-terpinene, linalool, myrcene

Antibacterial, Anti-viral, Depression, Numbness, Regenerative, Skin Toner

Excessive dosing may cause indigestion. Unlike other citrus oil, there is no photo-sensitivity with Green Mandarin.



#### Citrus Pow Water 2 drops Green Mandarin 1 drop Lemon 1 drop Peppermint Splash of orange juice

Nerve Damage

Simple Antibiotic

hands as needed.

and wrinkles before bed.

Ageless Skin

Sensation Loss in Extremities

Diffuse 3-6 drops or inhale from cupped

Apply 2 drops with carrier oil to fine lines

along spine.

areas.

Pain

needed.

Mood Lift

Add oils to 44oz of water with a splash of orange juice. Only use stainless steel or glass water bottles (no plastic!).





Monoterpenes like y-terpinene make Green Mandarin an uplifting oil. It helps the heart feel light and easy-going.



#### Skin Tightening Serum

2 drops Green Mandarin 1 drop Melaleuca 1 drop Frankincense 1 drop Hawaiian Sandalwood

Combine oils and massage into face and neck after removing makeup at night.

### Therapeutic Properties Glosary

The following are the most common therapeutic properties of essential oils. The pages that follow expand on common chemical constituents that provide each of these therapeutic properties, and in which essential oils they can be found.

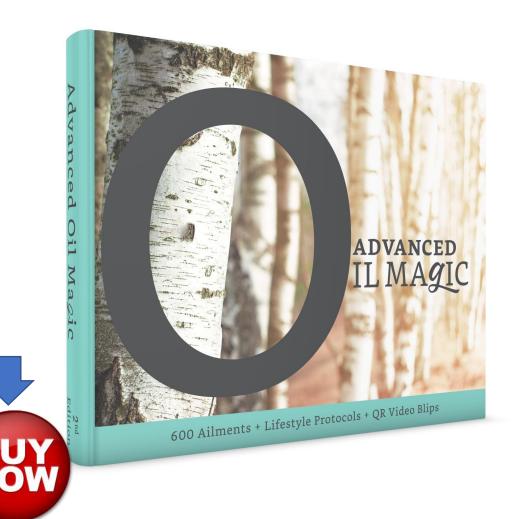
Salar Contraction of CEX

Analgesic Anti-allergenic Antiarthritic Antibacterial Anticarcinogenic Anticonvulsant Antidepressant Antiemetic Antifungal Anti-infectious Anti-inflammatory Alleviates inflammation Antioxidant Anti-parasitic Anti-rheumatic Antispasmodic Antitumoral Antitussive Antiviral

Reduces pain sensation Aphrodisiac Reduces allergic response Astringent Useful in treating arthritis Cardiotonic Kills or prevents bacterial growth Carminative Inhibits development of cancer cells Decongestant Reduces convulsions Alleviates depression symptoms Disinfectant Eases nausea and vomiting Expectorant Prevents fungal growth Prevents uptake of infection Nervine Regenerative Destroys or inhibits growth of parasites Restorative Rubefacient Alleviates pain and stiffness Reduces damage from free radicals Sedative Prevents or relieves spasms & convulsions Soporific Inhibits growth of tumors Stomachic **Relieves** coughs Tonic Inhibits replication of viral RNA Vasodilator

Increases sexual desires Firms tissues, reduces secretions Vitalizes cardiovascular system Reduces gas or bloating Reduces congestion and opens airways Digestive Stimulant Aids in proper digestive processes Fights the spread of germs Removes excess mucus Immunostimulant Stimulates immune system activity Beneficial effect on nerves Promotes body tissue regeneration Promotes restoration of body systems Increases circulation & skin redness Relaxes psychological and physical activity Induces sleep Stimulates digestion & appetite Encourages feelings of vitality Relaxes blood vessels, lowers blood pressure

Other therapeutic properties that have not been reviewed in this section due to redundancy or because less research has been done include anaphrodisiac, anti-carcinoma, anticatarrhal, anticoagulant, antimicrobial, antimutagenic, antiputrescent, antiseptic, antitoxic, calmative, cleanser, cytophylactic, deodorant, detoxifier, diuretic, emmenagogue, energizing, galactagogue, grounding, insecticidal, invigorating, laxative, mucolytic, neuroprotective, purifier, refreshing, relaxing, revitalizer, steroidal, stimulant, uplifting, vasoconstrictor, vermicide, vermifuge, and warming.



https://www.essentialoilsupplies.co.uk/search?q=Oil+Magic&type=product

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**Online Reference to conditions and recommended oils**. This is a great to look up different conditions to be able to cross reference recommended oils. This site also allows you to access testimonials from clients who have enjoyed positive experiences



A to Z of conditions – example of how the site works

everyal	hing ential				Г	
	Health Concerns Oils and Blends	Other Products	Applying Oils	History	Hints & Helps	FA
Health Cond	cerns					
A						
A Abscess	ALS		Antioxi	idants		
	ALS Alzheimer's			idants rasitical		
Abscess		ry		rasitical		
Abscess Acceptance	Alzheimer's	ry	Antipa Antise	rasitical		
Abscess Acceptance Achalasia	Alzheimer's Amoebic Dysenter	гу	Antipa Antise	rasitical ptic asmodic		
Abscess Acceptance Achalasia Acid Reflux	Alzheimer's Amoebic Dysenter Analgesic	ry	Antipa Antise Antisp	rasitical ptic asmodic al		

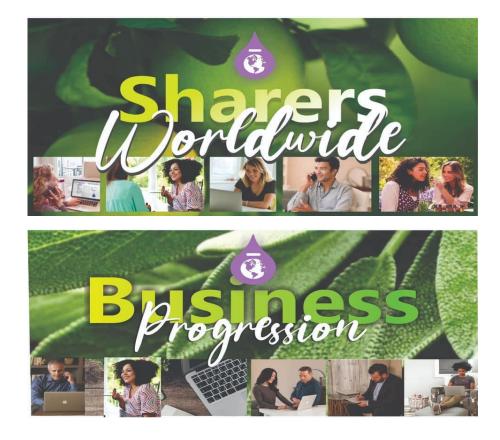
Insect Bites Health Concern Description (click purple bars) Suggested Protocols Experiences & Testimonials

Don't forget you can use google!

doterra headache							٩
Q All	🖾 Images	Shopping	▶ Videos	🗉 News	: More	Settings	Tools
About 8	93,000 results	(0.57 seconds)					

# Join our Facebook PRIVATE GROUP MEMBERS ONLY

Team Facebook Groups – This is a great community where we share relevant information – product information - tips advice guidance - what's going on etc. It really does make you feel part of something special.



This is our customer Facebook group where we share great product information DAILY https://www.facebook.com/groups/doTERRAsharersWorldwid

<u>e</u>



This is our Business Facebook group where we share information about sharing doTERRA with others/earning an Income.

https://www.facebook.com/groups/BusinessProgressionGroup