

Stress Less KIT

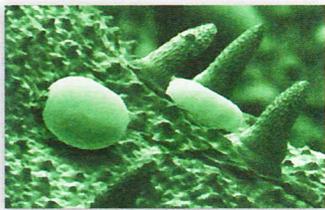
You may think you have the dream all figured out. Good education, great job, decent paycheck, the (semi-perfect?) family and yet somehow you're still feeling like you can barely get by on most days. You're tired, run down, overworked and flat out stressed out.

Your body doesn't distinguish one kind of stress from another. Whether you lose your job, have a fight with a loved one, get stuck in traffic or run a marathon, stress is stress. And stress causes inflammation and toxicity, which in turn causes disease. No wonder you can't sleep at night, your thoughts won't stop churning, you can't shed those last few pounds or your heart starts to race the moment someone even looks at your wrong.

When you can alleviate stress in your body, you will sleep better, your moods will change, your digestion will improve and in general, you will feel a new sense of lightness.

WHAT ARE ESSENTIAL OILS?

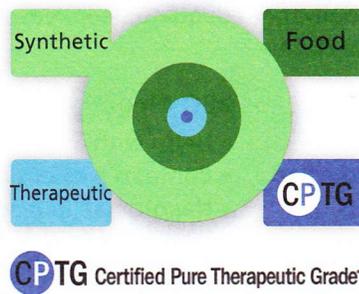
- Extracts from plants
- Highly concentrated
- 50 to 70 times more powerful than herbs



- Wide range of uses, from cosmetics to foods to natural health solutions
- Often the inspiration for synthetically produced pharmaceutical products

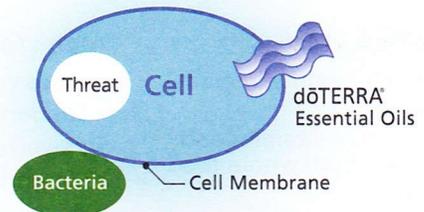
100% NATURAL

- A natural way to take care of our health used by ancient cultures
- Similar properties to synthetic drugs with no side effects



THEY ARE EFFECTIVE

- Plants produces essential oils as a protection against threats
- When we use pure essential oils we receive similar health benefits.
- Essential oils can stop the replication of threats thus decreasing the time a threat would last.



CPTG (All Natural)

- Plants must be sourced from their native (indigenous) growing region
- Rigorous testing assures the presence of desired therapeutic qualities
- Testing guarantees absence of toxins, contaminants, microorganisms
- Purity of oils guarantees no negative side effects or drug interactions

3 ESSENTIAL OIL USES:

AROMATIC

- Inhale or use diffuser
- What you breathe affects mood
- Change kills germs in the air to cleans the air
- Eases breathing



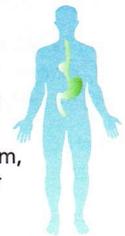
TOPICAL

- Apply to bottoms of feet to nourish bloodstream within 30 seconds
- Dilute for sensitive skin or to apply to large areas



INTERNAL

- Add to water, drop under tongue or ingest in capsule
- Benefits digestive system, mouth and throat, liver and urogenital tract



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ESSENTIAL OILS for STRESS

- Essential oils help balance your mood, calm but still sharpen your mind and help regulate your blood sugar and metabolism
- Use Certified Pure Therapeutic Grade essential oils and blends



INTUNE

- Enhance Focus
- Supports healthy thought processes
- Increased alertness



CLARYCALM

- Balance hormones and
- Manage symptoms of PMS and the transitional phases of menopause



BALANCE

- Creates sense of calm and well-being
- Promotes tranquility and sense of balance



SLIM & SASSY

- Manages hunger
- Calms stomach
- Supports metabolism
- Supports energy/lifts mood



FRANKINCENSE

- Clean and dress minor cuts, bites and sores
- Calms stress and tension
- Supports immune function
- Enhances cognitive function



VETIVER

- Revitalizing to the skin
- Helps with calming and relaxation
- Rub on feet a bedtime



WILD ORANGE

- Diffuse to help uplift mood and energy levels
- Powerful cleanser and purifying agent



CITRUS BLISS

- Diffuse to help improve mood
- Apply to feet to help increase energy levels



ROMAN-CHAMOMILLE

- Used widely for its calming properties
- Soothing to the systems of the body



SERENITY

- Aromatherapy or topical application
- Use for relaxation
- Supports restful sleep

Stress Less KIT

dōTERRA
Wellness Advocate

CLEANSING and DIGESTION

How can your body operate efficiently if your immune system, mood and brain rely on a poorly functioning digestive system?

- 60%–85% of your immune system is based on your digestive system
- There are more neurotransmitters in the digestive system than in the brain (Neurotransmitters are used for communication between the brain and the body)
- Lack of nutrient absorption compromises immune system, mood and brain function

		30-DAY RENEWAL	
	GX Assist	1 softgel AM & PM meals*	10 Days
	PB Assist+	1 softgel AM, noon & PM meals*	10 Days
	TerraZyme Zendocrine	30 Days 1–3 capsules with meals / empty stomach* 1–2 capsules with AM & PM meals*	
	Zendocrine	30 Days 2 drops in capsule with AM & PM meals*	
	Slim & Sassy	30 Days 3 softgel per day between/after meals*	

*Reduce amount or discontinue if GI upset occurs, take all supplements with food

PROPER NUTRITION WELLNESS and LIFESTYLE

Build your health on a foundation of good nutrition with Lifelong Vitality Pack®

- Use essential oils with the best supplements and products you can find
- Use essential oils as part of a healthy lifestyle: exercise daily, get adequate sleep, eat right
- Experience less pain, more energy and enhanced mental clarity

MicroPlex VMz®

- Supports healthy immune function
- 22 essential vitamins and minerals from whole food sources
- 72 trace minerals
- Supports bone health

Alpha CRS+®

- Helps with inflammation
- Supports energy production
- Powerful antioxidants
- Supports healthy digestion

xEO Mega®

- Helps with inflammation
- Contains 9 essential oils
- Nanosomal lipid assimilation system for proper absorption
- Supports mental clarity



STEPS to MANAGE STRESS

Use these steps to help you manage your stress more effectively:

- 1 Determine what is actually causing stress in your life. Is it a situation, particular person(s), or event—that makes you nervous, anxious or fearful? Are you taking on too many obligations?
- 2 Learn how to say "no" when someone asks you to do something you don't feel you have the space or capacity to do.
- 3 Determine your personal boundaries and stick to them.
- 4 Simplify your life and prioritize the things that are more meaningful to you.
- 5 Detoxify your life by getting rid of what is no longer serving you.
- 6 Improve lifestyle habits: such as sleep (get 7-8 hours), diet (eat a more plant based diet) and exercise (do more!).
- 7 Eliminate caffeine, sugar and alcohol and any other stimulants that put unnecessary stress on your liver.
- 8 Take food grade essential vitamins and minerals, increase your intake of Omega 3 Fatty Acids, and do a Liver Cleanse quarterly.
- 9 Try mind body exercises such as yoga, meditation and breath work.
- 10 Use Certified Pure Therapeutic Grade essential oils and blends such as Citrus Bliss, Lavender, Frankincense, Roman Chamomile, Vetiver, Wild Orange, Balance, Clary Calm, In Tune, Serenity and Slim and Sassy. These essential oils help balance your mood, calm but still sharpen your mind and help stabilize your blood sugar and metabolism.

- **Open a Wholesale Account** so you can save 25% off the retail pricing
- **Enroll in the Loyalty Program** so you can earn an additional 10-30% back in **free product credit** monthly, plus, receive the free product of the month



ESSENTIAL OILS KIT

15 mL ESSENTIAL OILS: Balance, Citrus Bliss, Clarycalm, Frankincense, InTune, Roman Chamomile (5mL), Serenity, Slim & Sassy, Vetiver, Wild Orange

OILS plus AROMA LITE DIFFUSER

With CLEANSE KIT

(Price contingent on items purchased)

Includes: GX Assist, Lifelong Vitality Pack, PB Assist+, Slim & Sassy, TerraZyme, Zendocrine Capsules, Zendocrine Softgels