

your new GYM BAG MAKEOVER

One of the best ways to ensure you make it to the gym before or after work is to have your gym bag packed and ready to go. Having a bag packed will save you time, and will help you be prepared for opportunities to exercise. So, don't let the excuse of "not having your workout clothes" stop you from hitting the gym.



Essential Oils

- 1 **Cypress** Apply to feet and legs to prep for your workout.
- 2 **Deep Blue® Rub** Massage into your muscles after a workout for soothing relief.
- 3 **dōTERRA Motivate® Encouraging Blend** Apply to pulse points to spark motivation to work out.
- 4 **Slim & Sassy® Metabolic Blend** Add a couple drops to water before working out for a revitalizing energy boost and a healthy metabolism.*
- 5 **Mito2Max** Take two capsules daily to support mental and physical energy.*
- 6 **dōTERRA Balance®** Use before Pilates or a yoga class.
- 7 **dōTERRA Breathe® Drops** One drop before a run or any other workout will help open airways for clear breathing.
- 8 **dōTERRA Breathe®** Apply to the chest to invigorate your senses.
- 9 **Correct-X®** Soothes and hydrates skin irritated by shoes or run-ins on the court.

Personal Hygiene

- 10 **HD Clear®** Face Wash
- 11 Travel size **dōTERRA Salon Essentials® Protecting Shampoo** and Smoothing Conditioner
- 12 **dōTERRA Natural Deodorant**
- 13 **DIY:** Equipment or Yoga Matt Cleansing Spray
 - 2-4 ounce spray bottle
 - 5 drops of **dōTERRA On Guard® blend**
 - Witch hazel (¼ of spray bottle)
 - Filtered water

Combine all ingredients together in the glass bottle. Mix well, spray, and wipe.

Extras

- **Dry Shampoo** Carry a small container of dry shampoo to freshen up greasy hair and scalp.
- **Gym Towel** Bring a towel to wipe away sweat on your body and yoga mat.
- **Hair Band & Hair Ties** If you have long hair, these items are must-haves.
- **Headphones**
- **Smartphone Holder**
- **Jump Rope** 10 minutes jumping rope is a great way to warm up your body.
- Pack an extra set of **clothes** and **socks**.
- Don't forget an **empty bag** to store your post-workout dirty clothes.



Send photos of your gym bag makeover to living@doterra.com for a chance to win this dōTERRA branded duffle bag.

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

the Sunshine VITAMIN

How to make a D-lightful summer into a healthy winter!

As a University professor, I taught Nutritional Biochemistry for many years. During that time, I learned that certain nutrients—such as vitamin D—can be hard to get enough of, even with a well-rounded, healthy diet. In fact, before joining dōTERRA and taking the Lifelong Vitality Pack, I would tell my students that if they only took one supplement, it should be vitamin D.

Vitamin D is also known as the “sunshine vitamin” for the fact that your body produces it when your skin is directly exposed to sunlight. Your liver makes cholesterol that circulates to your skin, allowing UV light from the sun to convert the cholesterol into vitamin D. It is especially interesting that you can’t get a toxic dose of vitamin D, no matter how long you are in the sun. If too many UV rays hit the vitamin D in your skin, it gets converted into another compound that your body excretes, leaving you with a perfect amount!

Vitamin D is also added to orange juice and breakfast cereals, and can be found naturally occurring in fish and eggs. Between the sun and mentioned food sources, you would think most people get enough vitamin D in their systems; however, this is often not the

case. Worldwide, an estimated one billion people have inadequate levels of vitamin D in their blood, and deficiencies can be found in all ethnicities and age groups.

Vitamin D was added to milk in the 1930s to help with rickets, a deforming bone disease in children that was particularly prevalent in the northern latitudes. In the winter, people who live at higher latitudes (typically about 40°) can’t make much vitamin D from the sun.

Additionally, thick winter clothing makes it impossible for the little available

sunlight to reach the skin. During the Industrial Revolution, rickets was prevalent in cities where tall buildings and air pollution blocked the sunlight needed for vitamin D production in the body. It was thought that bone-building properties in fortified milk would solve the population’s vitamin D deficiencies, but it was only a partial solution to the problem. Getting vitamin D through natural sunlight is important to the body in many other ways.

Worldwide, an estimated **one billion** people have inadequate levels of vitamin D in their blood, and deficiencies can be found in all ethnicities and age groups.

What are the benefits of vitamin D?

Recent research has found that additional vitamin D may be good for autoimmune diseases, supporting healthy blood pressure, and protect against different types of illnesses. And, as you would expect, it also helps to strengthen bones.

Typically, the amount of vitamin D needed to have an effect on any condition is higher than the RDA (Recommended Dietary Allowances). The most recent Institute of Medicine recommendations for vitamin D were increased from 400 IU to 600 IU per day for adults in response to new scientific studies that found additional benefits were gained with higher levels. Many felt that the recommendations didn't go high enough based on the evidence.

Can't I get enough vitamin D from the sun?

Many factors affect sun exposure, including skin pigmentation, clothing, and sunscreen. Light-skinned individuals need about 5-10 minutes of sun exposure at least three times a week between 11 am and 2 pm in spring, summer, and fall. The goal is to get adequate sun exposure without getting burnt. Unfortunately, many people have a hard time meeting their sunshine needs. On the bright side, if you do get the necessary exposure, your body should be able to store enough for use during the winter months to prevent rickets in children or osteomalacia in adults. So, the more vitamin D you can get during the warmer months, the less likely you are to experience vitamin D deficiency in the winter. Remember, your body can't overproduce vitamin D from sun exposure.

Benefits of Vitamin D

- Contributes to overall health & wellness
- Provides calcium balance in the body
- Supports a healthy immune system
- Helps build strong bones
- Maintains cognitive function

What about fortified foods?

Let's say you eat primarily vegetarian, and your only source of vitamin D was soy milk. On average, you would only get 100 IU of vitamin D a day if you simply consumed a cup of soy milk with your cereal in the morning. You could get additional vitamin D by drinking fortified orange juice and eating fortified cereal, but you would still be far below the minimum of 600 IU. Even if you added salmon and two eggs once a week, you would still average only about 200 IU per day.

What about my children?

The American Academy of Pediatrics currently suggests that all infants, children, and adolescents receive 400 IU of supplemental vitamin D daily. Kids usually fare better than adults thanks to outside play, assuming they live in a place where sun exposure is easily obtained. However, children certainly spend far more time indoors today than in past generations. Children may need a supplement just like their parents to meet optimal needs.

Dr. Parker recommends:



Lifelong Vitality Pack: provides 1600 IU of vitamin D per day, which agrees with organizations that recommend higher levels.



Bone Nutrient Lifetime Complex: contains 810 IU of vitamin D for women.

a2z Chewables: provides 400 IU per day of vitamin D for your children.



Dr. Parker holds a PhD in Nutritional Science from the University of Illinois at Urbana-Champaign. Dr. Parker has extensive experience in food processing, food chemistry, biochemistry, physiology, and human nutrition.

He has worked both in the supplement industry and in academia, making him uniquely positioned to understand product development, research, and the physiology and chemistry behind nutrition.

Dr. Parker has a contagious passion for teaching people about the connection between nutrition and living a long life free from the early onset of degenerative conditions associated with poor lifestyle choices.

Staying Physically Active This Winter

When it comes to physical fitness, winter is the season of excuses. It's too cold to exercise outside. Who's going to watch my kids so I can go to the gym? I don't have the room, equipment, or time to work out at home. Fitness isn't seasonal, it's a lifestyle and your waistline doesn't go into hibernation because the weather outside is frightful. This year, don't let that winter coat expand with empty promises that you'll resume exercising on January 1; use the cold weather as inspiration to change up your routine and get your entire family involved.

Can be done

Become a Lifestyle Role model

As a parent, one of your most important responsibilities is as a lifestyle role model to your children. Studies show that physical activity habits are developed very early in life, with the primary factor being the habits modeled by their parents (Hinkley et al.). Parents who exercise on a regular basis raise children who are more likely to have an active lifestyle, have a healthy weight status, are sick less, and even perform better in school (Jago et al.). Exercising with your children instills in them the idea that physical activity is an integral part of daily life and that a sedentary lifestyle is not normal. The doldrums of winter are the perfect opportunity to be creative, have fun, bond, and model to your children how important daily exercise is.

Exercising at Home

Exercising indoors doesn't require a room full of expensive equipment or a lot of time. Most importantly, it can be effective. When developing any exercise program, there are a few fundamentals to keep in mind. According to the National Academy of Sports Medicine, the first principle of effective exercise is overload—an effective exercise program must impose demands on the human movement system that force the body to adapt (National Academy of Sports Medicine). Unless you push your body harder or in a different manner than it ever has before, it has no reason to progress. This overload can be achieved through an unfamiliar movement (a new exercise), increased volume (more exercise), or increased resistance (a load, such as your child). Lastly, all exercises are variations of pushing, pulling, squatting, or core stability; once you understand the basic movements, the variations are only limited by your imagination.

Involving Your Children

An easy way to get the heart pumping, your muscles burning, and your children involved in a fun exercise routine is through a simple peripheral heart action circuit. Peripheral heart action uses several basic compound movements (exercises that engage two or more joints to stimulate multiple muscles) in an alternating circuit for a fast, effective, and functional full-body workout. With knowledge of the four basic movements, you can get a great full-body, indoor workout, with little or no equipment, that is simple enough to teach a toddler, but that you can do with an infant strapped to your chest as added resistance. Even better, as your child grows, their increased weight can be the overloading resistance factor that your body needs to continue to progress.



What You'll Need

- ✓ Your preworkout Mito2Max® and a quick inhalation of your favorite uplifting CPTG® essential oil
- ✓ Motivation
- ✓ A (small) workout partner(s)
- ✓ Stopwatch (optional)



The Plan

1. Complete 10–15 repetitions of each movement
2. Move on to the next movement with as little rest as possible
3. Complete all four movements of the cycle and rest 30–60 seconds before repeating
4. Complete as many cycles as possible in 30 minutes

Pushup (Push)

Variations: Alter hand or foot positions to vary difficulty or emphasize specific muscle groups, increase load via a weight vest or a child on your back.

Upright Row (Pull)

Variations: Pull-ups, bent-over rows using a band or other resistance tools, alter grip to emphasize specific muscle groups.

Freestanding Squat (Squat)

Variations: Alter foot positions to vary difficulty or emphasize specific muscle groups, increase load via a weight vest or a child on your back (or chest).

Tabletop Bridge (Stability)

Variations: Plank, side bridge, increase load via a weight vest or a child on your back (or chest).

Physical fitness doesn't halt when the weather gets cold and resume with another New Year's resolution. Use the cold weather as an opportunity to bring your workout routine into the home, where you can try something new, get re-energized about exercise, and involve your children.



Dr. Damian Rodriguez is a member of the dōTERRA education department. Prior to joining dōTERRA, he worked in public health and as a strength coach and nutritionist for professional and collegiate athletes. He holds both a doctorate in Health Sciences with an emphasis in obesity and an M.S. in Human Movement from A.T. Still University, as well as numerous professional certifications in exercise and nutrition. Dr. Rodriguez is a lifelong athlete who has competed in everything from powerlifting to triathlons and is very passionate about educating the public about healthy lifestyle habits. He is a father of two beautiful children.

References

Hinkley T, Crawford D, Salmon J, Okely A, & Hesketh K. Preschool children and physical activity: a review of correlates. *American Journal of Preventive Medicine*. 2008;34(5): 435–441.

Jago R, Fox K, Page AS, Brockman R, Thompson JL. Parents and child physical activity and sedentary time: Do active parents foster active children? *BMC Public Health*. 2010;10(1):194.

National Academy of Sports Medicine. *Integrated Resistance Training*. 2008.

EXERCISE RECOVERY

TO REST OR NOT TO REST

Summer is near, time to kick up the exercise routine a notch and get in shape for swimsuit season. You have the greatest workout of your life, only to wake up the next day feeling like your training session took place in a UFC octagon rather than the local gym. "No pain, no gain" right?

Delayed onset of muscle soreness from exercise, better known as DOMS, is a real thing, and a real important concept to understand if you have any intentions of reaching those physical goals. While many people wear DOMS as a badge of honor or view its absence as evidence that they do not push hard enough, the reality is that soreness is a very poor indicator of muscular adaptation and can result in a condition simply referred to as overtraining. Exercise breaks down muscle tissue; contrary to popular belief, that pain you feel isn't actually weakness leaving your body, but microtears in the affected tissue. Through rest and proper nutrition those torn muscle fibers and the accompanying connective tissue repair, growing bigger, stronger, and more resilient through a process known as hypertrophy. Muscular adaptation does not occur while you are lifting weights or logging those miles on the treadmill; it transpires when you are resting. Knowing your body, understanding when enough is enough, and taking steps to properly recover is one of the keys of continual progression.

Exercising too much, too hard, or when you have not fully recovered can push your body's stress responses too far, with possibly disastrous results. Not only can overtraining hinder performance and result in a catabolic state, (where your body is actually breaking down muscle tissue in attempt to repair itself), but there are immediate negative hormonal, immune system, and musculoskeletal responses. Overtraining results in increased secretion of cortisol, the "stress hormone" that is greatly correlated with weight gain among many other negative health consequences. Overtraining can suppress your immune system as the energy needed for proper function is redirected to helping muscular recovery; not only are you physically sore, but you've increased your risk for becoming ill. Furthermore, overtraining can result in a chronically weakened muscular state, resulting in sprains and tears.



PRE AND POST WORKOUT ESSENTIALS

- Deep Blue Polyphenol Complex™
- Deep Blue® Rub
- Lemongrass
- Cypress
- Cinnamon Bark
- Marjoram
- Wintergreen
- AromaTouch®
- doTERRA Balance®

BASIC TIPS
TO AVOID
OVERTRAINING

ONE

Push your limits, don't backflip over them and continue sprinting toward overtraining. Yes, the foundation of adaptation is exposing your body to a stress it has never experienced before, but those steps should be incremental. Start slowly and push yourself a little farther each day.

TWO

Pre exercise warm-up, post-exercise stretching. Stretching is one of the most misunderstood components of exercise. Although the latest research has made it clear that pre-exercise stretching is a no-no as it can hinder workout performance and even increase injury risk, a proper warm-up prepares you for a more effective workout and quicker recovery. Stretching post-workout is one of the best ways to relieve muscular tension. Maintaining flexibility, mobility, and muscular pliability are important for recovery and to keep injury risk low. Plan for it and accept that your workout will be 10 minutes longer because you need to warm-up and cool down—your body will thank you the next day.

THREE

Get serious about nutrition. The answer to pretty much every health-related question is proper nutrition. Exercise recovery is no different. Protein shakes and post-exercise recovery drinks are all the rage in sports supplementation, but you don't need a drink consisting of a bunch of expensive ingredients you've never heard of. A combination of protein and fast-digesting carbohydrates will help replenish glycogen and vital nutrients, and regulate insulin levels in the normal range. Don't forget calcium, potassium, and sodium—electrolytes depleted during intense exercise. Chocolate milk is the current fad as it provides adequate amounts of both fast- and slow-digesting proteins (whey and casein), simple carbohydrates from the chocolate and calcium, but a Slim & Sassy® TrimShake mixed with some fruit can also do the trick.

FOUR

Active recovery. While "rest" is the operative word, for best results you need to be pro-active about recovery. You don't want to work through the pain, but light movement and other active recovery techniques can help expedite the process. A light walk or bike ride, self-myofascial release (the scientific term for what you use those foam rollers for), yoga, or even a massage can stimulate blood flow and improve circulation to the broken down muscle tissue. Also, don't forget Deep Blue®, the perfect soothing blend after exercise, and a few drops of Lavender on your pillow to prepare for a restful sleep.



ACTIVE LIFESTYLE



AND INJURY PREVENTION

A healthy diet with a well-balanced, regular exercise regimen has become a priority for those who desire an active lifestyle with greater mobility and a sense of well-being. We are witnessing an unprecedented interest in gym memberships and participation in community running, swimming, and cycling events.

Some may ask if there is a potential for increased incidence of injury or potential health risks that accompany such active lifestyles. Prior to initiating a regular rigorous exercise regimen, consultation with your primary care physician or cardiologist should be sought especially if there is a history of heart disease or other health issues.

IMPACT OF PHYSICAL ACTIVITY ON WELL-BEING

Mental health and "well-being" is perhaps the greatest outcome sought by the exercise enthusiast. The human frame and biochemistry is designed for activity. Our central nervous system has opiate receptors that are not particularly designed for intake of external opiates and narcotics. Rather, these receptors exist to react to the natural opiates, also known as endorphins that our bodies produce with increased physical activity. The interaction of these exercise-induced pleasure chemicals and receptors results in the profound sense of well-being.

CREATING A BALANCED EXERCISE ROUTINE

A well balanced, "cross-training" approach to exercise will help avoid tendon, joint, or lower back injuries that are associated with repetitive cardio or resistance workouts. The cartilage cushions that line our joints have no blood supply; therefore, motion with exercise assists in delivery of supportive nutrients and oxygen to the cartilage cells, similar to a sponge that moves water when compressed. For those individuals with a family history of joint problems, exercise in low gravity settings such as swimming, bicycling, and elliptical cross trainers, is recommended. These forms of exercise will help avoid wear and tear to less durable cartilage that may have been inherited.

THE DR. RECOMMENDS:

- Lifelong Vitality (Item No. 34210001)
- DDR Prime Cellular Complex Softgels (Item No. 41740001)
- Slim & Sassy TrimShake (Item No. 35180001)



When joints wear out, total joint replacement surgery can positively transform the life of the patient. Nonetheless, the metal and plastic components undergo wear and loosening, often at a rate proportional to the weight and activity level of the recipient. Joint replacement surgery should be performed only on appropriately screened patients whose symptoms warrant such invasive surgery. The optimal candidate is a patient whose symptoms limit the ability to walk no greater than three to four blocks. Excessive weight will cause early wear and loosening of the artificial joint; therefore, an aggressive weight loss regimen should be considered, if warranted, prior to joint replacement. A candidate

TIP

A commonly quoted weight lifting regimen includes three sets of 10 active muscle group contractions. The trainer should use enough resistance that the muscle group will be tired by the tenth repetition. Each muscle group should be worked out no more than two to three times a week to avoid injury. Athletic trainers can be very helpful in creating protocols particular to your individual needs and capacity.



may rationally conclude that successful weight loss through exercise will only be achievable after the joint is replaced. Our orthopedic data suggests otherwise. The joint replacement recipient will gain on average 50 pounds following the procedure; therefore, the patient should prepare for surgery with exercise.

Any balanced exercise regimen should include resistance training and lifting weights. Such an approach will build muscle mass, which prevents injury by improving joint stability. Likewise, increase in muscle bulk improves one's capacity to burn calories. To avoid injury, excessive repetition and weight should be avoided.

DEVELOPING A HEALTHY DIET PLAN

Any exercise regimen must be accompanied by a healthy diet and supplements. Our human frame was designed to consume whole foods, fruits of the vine and roots, vegetables and legumes, with small portions of meats for flavor. Reasonable portions are the key. Given that 75 percent of our body weight is water, maintaining adequate hydration is also critical to cellular health and distribution of oxygen and nutrients to every part of our body. Finally, the "Western Diet," high in saturated fats and refined, mass-produced food, is notorious for its side effects of obesity with resultant diabetes, hypertension, gravity-induced degenerative joint and spine disease, and early death. Seventy-five to 80 percent of human maladies are preventable. "A stitch in time saves nine." "An ounce of prevention is worth a pound of cure." A lifestyle of activity and healthy diet is the key.

Supplements, such as **dōTERRA Lifelong Vitality**, **DDR Prime Cellular Complex**, and **Slim & Sassy TrimShakes** are excellent. As a "middle-aged" exercise enthusiast, I use these supplements daily to help support my cardiovascular system, maintain a healthy inflammatory response, and assist with controlling my portions at meal time.



DR. PAUL WINTERTON received his medical degree from Harvard Medical School in 1993, following which he completed five years of orthopedic surgical residency at the Mayo Clinic. He currently serves on the Board of Councilors at The American Academy of Orthopaedic Surgeons.



TIPS ON PREVENTING EXERCISE-RELATED INJURIES

1. Take the cross-training approach to exercise to help avoid tendon, joint, or lower back injuries
2. Avoid excessive repetition and weight
3. Develop a healthy diet plan with portion control
4. Take dōTERRA supplements daily for an additional nutritional and energy boost
5. Apply Deep Blue Rub to soothe overworked muscles



Watch Dr. Winterton and five other medical professionals discuss essential oils and western medicine at one of the most well-attended workshops in dōTERRA history. To view the workshop, visit [youtube.com/doterracorp](https://www.youtube.com/doterracorp) or scan the QR Code with your mobile device.

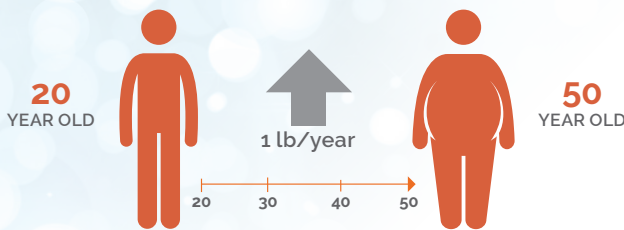


Maintaining Healthy Nutrition *During Winter Months*

by Dr. Tory Parker —*dōTERRA Nutrition Expert*

As the winter season approaches, the temperature outside starts to change and with the upcoming holidays so do our diets and activity levels.

An average holiday meal will contain at least 3,000 calories, much more than is needed in a whole day. What is the effect of this additional eating? Research shows that the net weight gain by spring is usually about one pound, which most of us never lose. This extra pound a year slowly adds up as the years go by—10 pounds after 10 years, 20 pounds after 20 years, etc. The goal is to enjoy the holidays, but not end up with that extra pound by spring.



It may not seem fun to refer to the delicious and often traditional foods at this time of year as just fats and carbs. However, having that particular outlook on food can be beneficial to maintaining a healthy nutrition and weight.

Eating in *Moderation*

During the holidays, because there are more foods prepared, try consciously decreasing the amount of each food item on your plate to prevent overeating. You can always come back a few hours later for more with the knowledge that you are only exceeding your calorie needs a little bit! This allows your body time to tell you it is full, keeping you more in tune with your body's needs.

Even better, you won't feel like you've missed out on anything if you eat in moderation. There is nothing wrong with eating things you don't normally eat for special occasions. However, food is certainly not scarce, so you don't need to over eat. Simply remind yourself that there will be plenty to eat later on. Try to moderate your intake over the course of the day. With that said, eating fresh vegetables and fruits, drinking plenty of water, and taking daily nutritional supplements remains important and should not be neglected, especially during the winter months.

Developing an *Exercise Habit*

One other big change as winter descends is the decrease in physical activity. On average, 60 percent of the US population does not exercise regularly. During the holidays, the percentage of people that exercise drops about 8 percent from its high in the summer to its lowest point in December. During the summer and fall, it is easier to head outside to do something physically active. This is somewhat harder to do in the winter (except maybe after a fresh snow storm or if you live in a warmer climate). It is very important to recognize you are losing a good habit with the change in season. You can replace previous habits with new ones. This may mean a treadmill and other indoor classes or exercises. Even push-ups, sit-ups and stretching done regularly can make a big difference and no equipment is required.

Your plan could be different, as your circumstances are different, but the principles still apply. The first step is noticing that your food intake went up (and usually with less healthy foods) and your activity went down. That is a dangerous combination for your health and your weight. Make sure your exercise plan correlates with your daily diet. Just because it's winter doesn't mean we can't stay healthy and active.

Healthy eating habits and taking daily nutritional supplements remains important, especially during winter months.



Dr. Parker holds a PhD in Nutritional Science from the University of Illinois at Urbana-Champaign. He has extensive experience in food processing, food chemistry, biochemistry, physiology, and human nutrition. He has worked both in the supplement industry and in academia, making him uniquely positioned to understand product development, research, and the physiology and chemistry behind nutrition.

Dr. Parker has a contagious passion for teaching people about the connection between nutrition and living a long life free from the early onset of degenerative conditions associated with poor lifestyle choices.

5 Tips to Healthy Winter Nutrition

1. Be aware that your food intake is going to go up. Use smaller portions spread out over time to allow your body to tell you when it's full. You will still be satisfied and have the energy to get up and play.
2. Remind yourself that just because food is there does not mean you need to eat it right then. Holiday leftovers make delicious meals for many days after.
3. Always participate in whatever physical activities might be going on. Even if you are just a spectator standing and cheering, you are burning more calories and you are away from the food!
4. Don't let good nutrition habits slip. Always include fruits and vegetables on your plate along with protein and carbohydrate dishes. This will help you feel energized even when you consume high sugar and high fat foods.
5. Keep using your supplements and essential oils to support metabolism, aid digestion, and curb appetite.

Dr. Parker Recommends:



Lifelong Vitality protects against oxidation and excessive inflammation. Both of these are increased with diets high in sugar and fat. Lifelong Vitality also ensures that you have all the cofactors and protection needed for optimum metabolism and activity.



TerraZyme® helps digest food and prevent indigestion.

PB Assist+ should be taken with every meal. It provides healthy bacteria that will help regulate bowel function.

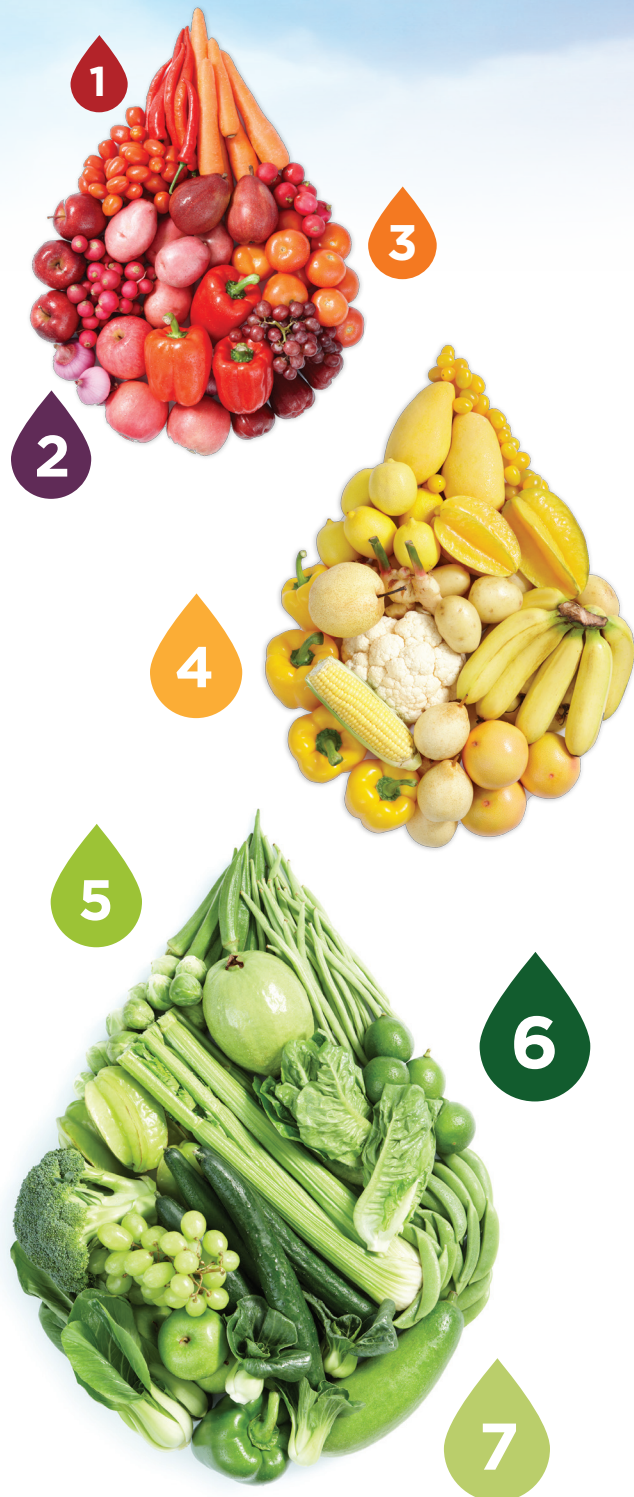


Slim & Sassy® *Metabolic Blend* added to water helps manage your appetite during the holidays. This can be a great help when there is so much additional food available, helping you put aside cravings and better listen to your body's real calorie needs.



Eat the

RAINBOW



Why Eat A Rainbow?

“Eat your fruits and vegetables.” You have probably heard this phrase many times in your life. The Food Guide Pyramid—and more recently MyPlate—have been actively reinforcing the idea that we should eat a substantial amount of fruits and vegetables every day. Unfortunately, 38 percent of adolescents and 36 percent of adults report consuming fruit less than one time daily.¹ There always seems to be a reason for not getting your daily dose of fresh fruits and vegetables, whether it’s time, money, convenience, taste, or texture. One of the biggest reasons that people aren’t eating their fruits and vegetables is that the advertising of these initiatives has told us what to eat without explaining why we should eat it. As a result, orange juice became the major fruit and French fries the major vegetable for the majority of people in the U.S.²

COLOR	PHYTOCHEMICAL	FRUITS & VEGETABLES
1 Red	Lycopene	Tomatoes & tomato products: juices, soups, sauces
2 Red-Purple	Anthocyanins & Polyphenols	Blackberries, raspberries, grapes, blueberries
3 Orange	α -Carotene & β -Carotene	Carrots, mangos, pumpkins
4 Orange-Yellow	β -Cryptoxanthin & Flavonoids	Cantaloupe, peaches, papaya, tangerines, oranges
5 Yellow-Green	Lutein & Zeaxanthin	Spinach, avocado, honeydew
6 Green	Glucosinolates & Indoles	Broccoli, bok choy, kale
7 White-Green	Allyl Sulfides	Leeks, garlic, onion, chives

Why All Colors Matter

You've probably heard that you should eat lots of colors, but why? It's the phytochemicals! Phyto- means plant, so a phytochemical is simply a unique chemical that only certain colors of plants produce. More importantly, each of these color classes of phytochemicals have different beneficial effects on the body. Some protect us from aging, while others improve our stamina, and protect our cells from damage.

This knowledge alone should be enough to get you started. A single type of fruit, no matter how great it is or how much of it you eat, cannot replace the phytochemicals found in another fruit. You can't get the same vitamins and minerals from orange fruits that you can get from red vegetables. The healthiest people in all the nutritional survey data available are not those that eat the most fruits and vegetables, but those that eat the greatest variety of fruits and vegetables.

(see chart on facing page)

38% of adolescents
and **36%** of adults
report consuming fruit
less than one time daily.

How to Enjoy Eating Fruits and Vegetables

If you don't like it, add it to something.

Add spinach to soup, or add fruit to your smoothies.

If you don't like the flavor, puree it.

Sautee onions, garlic, tomatoes or other vegetables. Throw them in the blender, puree, and add them back to your recipe. This is very effective if you have kids in your home that like to pick things out of food or won't eat them because of the texture or strong flavors of individual ingredients.

If it keeps rotting in your fridge, buy it frozen.

Commercially frozen fruits and vegetables have the same phytonutritional value as fresh fruits and vegetables. Buy a bag of frozen broccoli, peas, or beans. That way you always have a vegetable to serve with a meal.

If it takes too long to prepare, buy it canned.

Though some phytonutrient value is lost during the canning process, much of it still remains. Canned vegetables and beans are fast to prepare, and canned

fruit may be presweetened, which can increase the likelihood it will be eaten. A piece of fruit with sugar is still better than choosing cake, cookies, or other food with no phytonutrients at all!

If you mix fresh, frozen, and canned, you will get the color rainbow you need, and your body will have the phytonutrient power to counteract other less phytonutrient dense food choices you make in your life.

Kids won't eat it? Keep trying!

Here are the best methods for helping kids eat more fruits and vegetables:

- 1. Set the example!** *Eat your fruits and veggies in front of your children.*
- 2. Keep at it.** *Research suggests a child needs at least 20 exposures to a new food before they will accept it.*
- 3. Let your kids decide** *what they will eat for one meal a day, like lunch, but require them to eat what is served for dinner. You can even let them pick out the onions, as some of those healthy allyl sulfides mentioned in the chart will have left the onion and entered the meal during cooking!*

Next time you go to the grocery store or decide to prepare a meal, don't forget the "rainbow." Not only does the rainbow of foods burst with colors and flavors, it also provides necessary benefits for your overall health.

¹State Indicator Report on Fruits and Vegetables (2013), published by the CDC.

²Kimmons J, Gillespie C, Seymour J, et al. Fruit and Vegetable Intake Among Adolescents and Adults in the United States: Percentage Meeting Individualized Recommendations. *Medscape J Med.* 2009; 11(1): 26.



Dr. Parker holds a PhD in Nutritional Science from the University of Illinois at Urbana-Champaign. He has extensive experience in food processing, food chemistry, biochemistry, physiology, and human nutrition. He has worked both in the supplement industry and in academia, making him uniquely positioned to understand product development, research, and the physiology and chemistry behind nutrition.

Dr. Parker has a contagious passion for teaching people about the connection between nutrition and living a long life free from the early onset of degenerative conditions associated with poor lifestyle choices.

10 TIPS FOR BOOSTING YOUR ENERGY

As the days get shorter and colder, even the best of us can feel like we're losing that pep in our step. Keep reading to find out some simple ways to beat that middle-of-the-day fog and regain lost energy.

TAKE QUALITY SUPPLEMENTS



Because the average diet is lacking in nutrients, it is important to take a daily supplement such as the dōTERRA Daily Nutrient Pack™ or Mito2Max®.

WORKOUT MIDDAY



Most people are aware that working out helps you alleviate stress and anxiety. However, instead of working out earlier or later in the day, try working out mid-afternoon. Studies suggest that working out at this time can increase your productivity—making the time away from the office worth it.

GO OUTSIDE



Simply breathing in fresh air for 20 minutes can change both your energy levels and mood for the better. It also means you get that crucial amount of sun exposure to keep your vitamin D levels up.

STAY HYDRATED



It's important to keep water in your system, even when the weather is cooling down and you feel like you don't need as much. Stay away from sugary drinks that can actually dehydrate you more.

STRETCH AND BREATHE



Deep breathing from the diaphragm can help get your blood flowing and stretching helps reenergize your muscles and your mind to fight off any anxiety that may be creeping in.

EAT SMALLER, MORE FREQUENT MEALS



Food is most importantly our body's fuel, and when you start to get hungry your mood and level of activity can quickly decline. To keep off hunger pangs, eat healthier, smaller meals more often.

GET A GOOD NIGHT'S SLEEP



Your body does a lot during sleep, including healing and rejuvenating. Be sure to get plenty of rest—for adults seven to nine hours is the recommended amount.

INVIGORATE WITH ESSENTIAL OILS



Diffusing any citrus essential oil is shown to help uplift and improve your mood, while Frankincense, Peppermint, and Rosemary are beneficial in invigorating the senses.

GET AN AROMATOUGH®



The invigorating effects of the AromaTouch Technique essential oil application can help you re-center and reduce stress. Make sure to stay hydrated before and after.

TAKE A POWER NAP



Taking a long nap might seem like the answer, but it really can set you back for the rest of the day and keep you from sleeping during the night. Instead, take a quick midday power nap of around 10–20 minutes.

Essential Oils for Energy

Peppermint, Wild Orange, Rosemary, InTune®, Cedarwood, Frankincense, Citrus Bliss®, Elevation

Slim & Sassy®

METABOLIC BLEND & SOFTGELS

Can't resist those mid-day munchies? The dōTERRA® Slim & Sassy Metabolic Blend is designed to help manage appetite between meals. Just add 4 drops to 4 oz. of water and drink between healthy meals throughout the day to help manage hunger, boost metabolism, and lift your mood.*

Primary Benefits:

- Promotes healthy metabolism*
- Helps manage hunger cravings*
- Calms your stomach and lifts your mood*
- Diuretic, stimulant, and calorie free

How to Use:

- Place 4-5 drops under your tongue and drink water.
- Fill a veggie capsule with Slim & Sassy Metabolic Blend or place in water before a workout.
- Apply topically to desired area; if you have sensitive skin, dilute with Fractionated Coconut Oil.
- Softgels: Take 1 Softgel 3-5 times daily.
- Add to TrimShake or V Shake.
- Diffuse for an energy boost.
- Add to entrée dishes.
- Chew Slim & Sassy Gum



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

Lemon

The invigorating scent of Lemon essential oil from a true Sicilian lemon revitalizes your mind and lifts your mood. Lemon essential oil contains numerous health benefits and can be used for a variety of purposes on a daily basis, which is why it is one of dōTERRA's most popular essential oils.

The high limonene content found in this essential oil makes it a powerful antioxidant and a cleansing agent. In the ancient world, Egyptians used lemon oil to cleanse their bodies of toxins. It also aids in digestion, supports healthy respiratory function, and provides immune system support, especially during seasonal changes.

Plant Part: LEMON RINDS

Distillation Method: COLD PRESSED

Unlike most other essential oils, citrus essential oils go through the expression distillation process, often referred to as "cold press." This method uses high mechanical pressure instead of heat to squeeze out the oil from the rind of the plant.

Sourcing Origin: SICILY, ITALY

HOW TO USE

Aromatic

- Add 2-4 drops to the diffuser of your choice to help boost your mood and improve the scent of the room.
- Rub 1-2 drops into your palms and inhale to invigorate your mind and body.
- Pour a couple drops into air vents to fill your house or car with a citrusy aroma.

Internal

- Add 1-2 drops to baked goods, beverages, or your favorite entrée to create a zesty flavor.
- Mix a couple drops with raw honey for immune-boosting benefits.
- Add a couple drops to warm water with honey to help soothe irritated throat and boost your immune system.
- Place a drop on your toothbrush or tongue for fresher breath and a cleaner mouth.

Topical

- Rub a drop on your hands after being in a public place such as a public bathroom or before pushing shopping carts.
- Apply to cleanse specific area on the skin.
- Massage 2-4 drops onto your skin to improve circulation.

Other

- Rub 1-2 drops to remove gum, oil, grease, sap, or crayon.
- Combine with water in a spray bottle to clean surfaces.
- Use to clean silverware and baking dishes.



Interesting Fact

One lemon tree can produce between 500 and 600 pounds of lemons in a year. It takes about 45 lemons to fill up a 15mL bottle.