

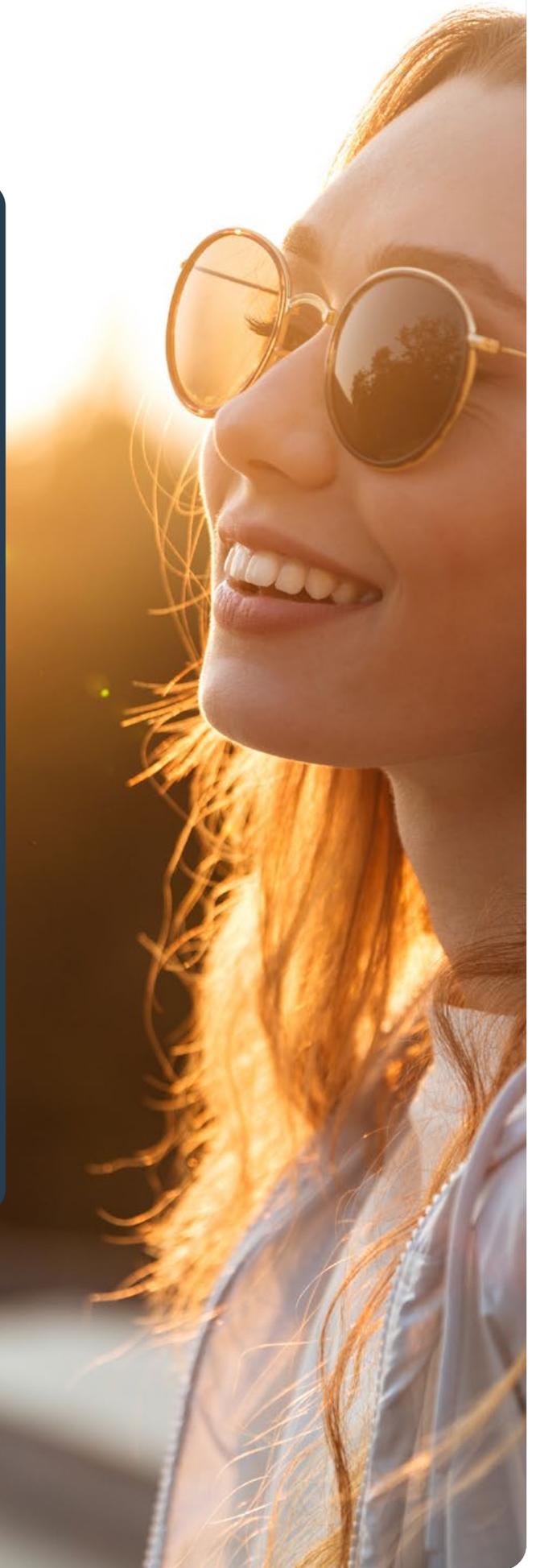


dōTERRA®

# Foundational Wellness Course

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# Welcome

## The Foundation for Good Health

Some mornings, it's all you can do to drag yourself out of bed, get coffee, and start the day. And you've probably had afternoons when you've eaten too much—or too little—at lunch, and despite your busy schedule, the only thing that seems to matter is how tired you feel.

You've heard you should seize the day and make every moment count. But you're counting down the minutes till your next break.

These feelings are common and understandable, but that's no way to live! As a parent, a friend, a sibling, a partner, a coworker, or a boss, you deserve to thrive—not just make it through the day.

## Steps to Great Wellness

Welcome to the dōTERRA Wellness Foundations Course. If you're looking to lay the foundation for a more vibrant you and take back your enthusiasm for life, this course is your starting point.



dōTERRA believes an improved wellness lifestyle doesn't come from one change. At the core of our philosophy is the dōTERRA Wellness Pyramid. This revolutionary model can be your roadmap for building a healthy lifestyle.

- Nutrition and Digestion
- Movement and Metabolism
- Rest and Manage Stress
- Reduce Toxicity
- Informed Self-Care
- Proactive Medical Care

This course focuses on the first level of the Wellness Pyramid and the first two components of health: nutrition and digestion. By prioritizing your nutrition and supporting your digestion, you lay a strong foundation that sets you up for success in your overall wellness journey.

## Listen to Your Body

It's amazing how what you eat and how you encourage digestive health can impact just about every other part of your life.

*If you're feeling slow and sluggish throughout the day, it may be tied to what you eat and how it's digested. Think about your last meal—how nutritious was it? How did it make you feel? How did it affect your day?*

Listen to your body, to your digestive system.

*What's it telling you about your eating habits? Are you hungry too soon after a meal? Or do you feel heavy, like things are moving too slowly?*

\*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.

# Welcome (continued)

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*If the last thing you ate was a healthy meal, how did that make you feel?*

Take a moment to write down how you feel about your current nutritional habits.

Then continue with this course for some amazing, helpful tools that'll help you lay the right foundation for a more vibrant you!

## The Need for More Nutrients

Imagine when our ancestors roamed the earth as hunter-gatherers. They lived in harmony with nature, with diets consisting of diverse wild plants, fruit, vegetables, nuts, seeds, and animal products. These foods were abundant in natural nutrients and supported their active lifestyles.

Today's diets are quite different. While hunter-gatherers collected seeds and plants that grew from nutrient-dense soil, now people go to grocery stores and fast-food restaurants to purchase processed foods.

The cost for convenience is nutrient-deficient foods far removed from the natural bounty our ancestors enjoyed. Even those who strive to eat healthy likely aren't getting all the essential nutrients their bodies need because of soil depletion, busy lifestyles, and dietary restrictions.

## Start with Vitamins and Minerals

We pursue purity and wellness at dōTERRA. We're excited to introduce the newest step in this pursuit: VMG+™, a daily support supplement that helps put long-term health within reach.\*

## Consider This

*How would your life change if you woke up each morning feeling energized and ready to seize the day?*

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Record your answers to the questions from the video, then consider what small changes you could make to your daily eating habits that'd leave you feeling more energized, balanced, and in control of your digestion.

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*How might your energy, mood, and overall wellness improve if you fueled yourself with the same nutrient-rich variety of food our ancestors thrived on?*

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# VMG+ and EO Mega+

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## VMG+

VMG+ combines vitamins, minerals, a greens superfood blend, and essential oils into a delicious powder that you can add to your water or drink of choice. Taking VMG+ every day can bridge the gap between the nutrient-rich diets of our ancestors and the often-lacking diets of today.\*

According to preclinical research, the essential oils included in VMG+ can help enhance nutrient absorption and macronutrient retention.\* VMG+ contains these five essential oils:

- Ginger
- Lavender
- Lemongrass
- Peppermint
- Wild Orange

By taking VMG+ daily, you can experience:\*

- Higher energy levels
- A stronger immune system
- Gut health and digestion
- Increased liver function
- Better hormone function
- Stronger brain function

## EO Mega+

VMG+ has what you need to support your strong wellness foundation, but you also need a healthy dose of essential fatty acids—that's why we created EO Mega+!\*

Each serving of EO Mega+ delivers 900 milligrams of omega-3 fatty acids, including 800 milligrams of EPA and DHA, sourced from wild-caught fish off the coast of Norway.

EPA supports a healthy inflammatory response, and DHA supports the building and maintenance of strong, healthy brain cells. So if you're planning on sitting through a long class or meeting, make sure you take your EO Mega+ that morning! These essential fatty acids also support heart health and healthy joint function.\*

### EO Mega+ also:\*

- Helps maintain a healthy lipid profile already in a normal range.
- May support a healthy nervous system and cognitive function because of DHA, an omega-3 fatty acid critical for brain health.
- Supports a healthy respiratory system.
- Promotes healthy vascular endothelial function.
- Helps balance omega-3 and omega-6 fatty acids in the blood.
- Helps maintain visual acuity throughout life.
- May help you feel fuller between meals.
- Promotes a healthy metabolism and gastrointestinal system because of limonene, included in EO Mega+, according to preclinical research.
- Promotes a healthy gastrointestinal system when limonene, a component of EO Mega+, is taken internally, according to preclinical research.

Supportive but inconclusive research shows that consumption of EPA and DHA omega-3 fatty acids like those found in EO Mega+ may reduce the risk of coronary heart disease.\*

EO Mega+ also features CPTG Certified Pure Tested Grade® Wild Orange essential oil to provide additional flavor and even more health benefits from the limonene content, including a healthy metabolism and a healthy gastrointestinal system.\*

These nutrients are essential for maintaining overall health and vitality, and the body can't produce them independently, nor can you get them through modern diets alone.

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# VMG+ and EO Mega+ (continued)

## Use VMG+ and EO Mega+ Together

Cells are the building blocks of life. Every part of your body depends on cellular reproduction. As you age, your cells stop working as well as they used to, causing them to deteriorate. That leads to a gradual decrease in energy and performance.

You can slow that process down by taking VMG+ and EO Mega+ daily. Doing so is an easy way to make sure you meet your daily nutrient goals so you can feel more energized and can seize each day with confidence!\*

### Consider This

*What's stopping you from giving your body the nutrients it craves every day? If you could simplify that process by adding VMG+ to your routine, how might your approach change?*

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*Your body can't produce essential fatty acids on its own, so how might ensuring you get enough omega-3s like those in EO Mega+ change your long-term health?*

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*What would your routine look like if you were to add VMG+ and EO Mega+ to it? When would you take them and alongside what other healthy habits?*

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# Supporting Your Microbiome

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## Support Your Microbiome with dōTERRA PB Restore®

Think of the most vibrant, lush garden imaginable, with nutrient-rich soil and beautiful fruits, vegetables, and plants of all varieties.

Now think of your gut as this beautiful garden. That nutrient-dense soil is your gut microbiome. Just as healthy soil is crucial for healthy plants, a well-functioning gut microbiome makes a significant difference in your body's overall health.

### Support the Soil in Your Garden

Making dōTERRA PB Restore—a natural, effective probiotic—part of your supplementation is like boosting your garden soil with thriving nutrients. It supports digestive and immune health and helps maintain a proper balance of healthy bacteria in your gut.\*

When your gut microbiome is balanced, your body has an easier time absorbing the right nutrients and doing beneficial things with them.

## dōTERRA PB Restore

dōTERRA PB Restore is a robust, one-of-a-kind supplement that's specially formulated to support your gut microbiome. It comes in a unique dual-chamber, time-released capsule that delivers 30 pre-, pro-, and postbiotics and bacteriophages to your gut and supports your body for a full 24 hours.\*

The benefits from dōTERRA PB Restore create a ripple effect for so many other bodily functions, including:\*

- Your body's handling of oxidative stress
- Your immune system
- Your digestion
- Your mental health



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# Supporting Your Microbiome (continued)

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dōTERRA PB Restore serves as a powerful enhancer for your internal garden. Adding this supplement to your daily routine can help cultivate a thriving environment, which can lead to improved overall health and vitality.\*

Embrace the benefits of a balanced gut microbiome and help your health and wellness flourish like a well-nourished garden.\*

To learn more about dōTERRA PB Restore, check out the dōTERRA ProBiome Product Course on [training.doterra.com](https://training.doterra.com)!



## Consider This

*If your gut is the soil of your body's garden, what are you doing to keep it healthy and thriving? If you're looking to improve your gut health, what goals do you have?*

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*How can a balanced microbiome impact your daily energy, immunity, and even mental well-being?*

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# Your Wellness Routine

## Personalize Your Wellness Routine

dōTERRA offers so many amazing, natural products to support your wellness journey. It can be hard to tell which ones are right for you and your needs.

### A Good Place to Start

To lay a strong wellness foundation, start with VMG+™ and EO Mega®+. \* Take them alongside a well-balanced diet, regular exercise, and other healthy habits.

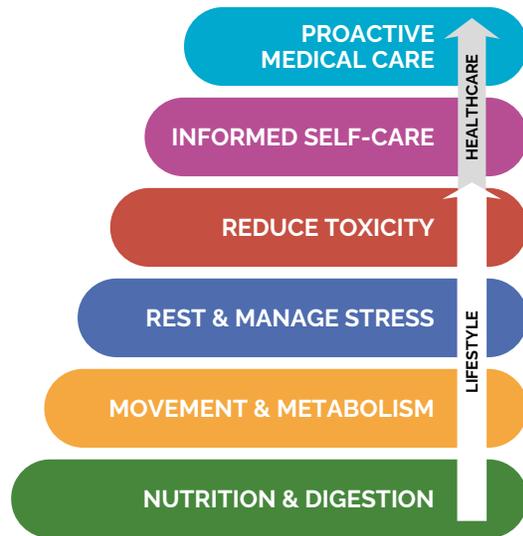
Simply take one VMG+ sachet and three EO Mega+ capsules. Add one VMG+ sachet to your water or drink of choice each morning. It's a great opportunity to habit stack and take your daily three EO Mega+ softgels and one dōTERRA PB Restore® capsule.

At the start of this course, you noted how your last meal made you feel. Now add VMG+, EO Mega+, and dōTERRA PB Restore to your day. After a week, see how different your body feels!

## Your Personal Roadmap to Greater Health and Vitality

We've covered the foundation of the dōTERRA Wellness Pyramid: nutrition and digestion. But there are so many more levels of your health.

Luckily, you don't need to be in the dark, figuring out the rest on your own. dōTERRA has a roadmap to help customize your wellness journey: the dōTERRA Wellness Lifestyle Assessment.



The dōTERRA Wellness Lifestyle Assessment evaluates various aspects of your health, based on your habits and the dōTERRA Wellness Pyramid, and gives you a plan for how to achieve your goals.

Taking the assessment is like plugging a new address into your phone. The result is a detailed picture of where you are with your goals and where you can be.

### The Right Products for You

By better understanding your specific needs, you can choose the right products and know you're getting the support you need for your holistic wellness goals.

So why wait? Take the dōTERRA Wellness Lifestyle Assessment today and start your personalized journey towards a healthier, happier you!

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# Your Wellness Routine (continued)

## Take the Assessment

### Wellness Lifestyle Assessment

**Welcome to the Wellness Lifestyle Assessment!** This form is designed to help you take control of your health and well-being by assessing aspects of your health through the dōTERRA® Wellness Pyramid framework. Take your time, answer the prompts truthfully, and use the results as a starting point to identify which dōTERRA products will best support you on your journey toward an optimal wellness lifestyle.

**Give yourself a score in each area on a scale between 1-5: 1: Strongly disagree 2: Disagree 3: Neither agree nor disagree 4: Agree 5: Strongly agree**

|                     |   |   |             |
|---------------------|---|---|-------------|
| NUTRITION           | I eat a healthy, nutrient-rich diet that's high in whole foods and low in ultra-processed foods.  | 0 | TOTAL SCORE |
|                     | I'm mindful of my portions. I eat when I'm hungry and stop when I'm full. I avoid snacking between meals.                                       | 0 |             |
|                     | I use micronutrient and macronutrient supplements to ensure my nutritional needs are met.   | 0 |             |
| DIGESTION           | I'm free from digestive discomfort.   | 0 | TOTAL SCORE |
|                     | I don't struggle with food sensitivities.   | 0 |             |
|                     | I make sure to include prebiotic and probiotic foods in my diet at least weekly.  | 0 |             |
| MOVEMENT            | I'm physically active, getting at least two hours of moderately intense activity or an hour of vigorous activity per week.                      | 0 | TOTAL SCORE |
|                     | I do at least two days of muscle strengthening per week.  | 0 |             |
|                     | I give myself time to rest and recover from activities, including gentle stretching and using dōTERRA products to support the recovery process. | 0 |             |
| METABOLISM          | I have good energy during the day. I don't suffer from brain fog or sugar cravings or need caffeine or energy drinks.                           | 0 | TOTAL SCORE |
|                     | I use smart supplementation to complement targeted metabolic health effects.  | 0 |             |
|                     | I stay satiated for hours after eating.   | 0 |             |
| REST                | I'm getting enough sleep to feel rested and alert the next day.   | 0 | TOTAL SCORE |
|                     | I have good sleep hygiene practices.  | 0 |             |
|                     | I'm familiar with and use smart supplementation to help on days when sleep is challenging.  | 0 |             |
| MANAGE STRESS       | I know my main sources of stress and I have and use adequate resources to manage them.  | 0 | TOTAL SCORE |
|                     | I have self-care strategies and use them to help manage my stress.  | 0 |             |
|                     | I'm familiar with and use supplements and products that help as I relax and unwind.   | 0 |             |
| REDUCE TOXICITY     | I'm familiar with the most common environmental toxins and ways to avoid them.  | 0 | TOTAL SCORE |
|                     | I use nontoxic, eco-friendly products at home and advocate for them with friends and family.  | 0 |             |
|                     | I focus on supporting my body's natural detoxification process, such as by limiting alcohol intake.   | 0 |             |
| INCREASED SELF-CARE | I educate myself on proactive wellness lifestyle habits.  | 0 | TOTAL SCORE |
|                     | I work hard to continuously support my immune function.   | 0 |             |
|                     | I use smart supplementation to complement self-care efforts.  | 0 |             |

### Consider This

*What changes have you seen since using VMG+, EO Mega+ and dōTERRA PB Restore? If you haven't started yet, what do you hope these products will improve?*

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# Conclusion

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## Explore Additional Resources

Congratulations! You've completed the dōTERRA Wellness Foundations Course and taken a significant step toward prioritizing and supporting your personal health and wellness.

Investing time in this course shows you're not just looking for immediate improvements to your health—you're taking the time to get to know yourself and your body and thinking long-term.

### More to Learn

Celebrate this new understanding of your health and keep learning! dōTERRA has several courses that dive into other important health topics and products.

Your dōTERRA Wellness Lifestyle Assessment should've given you product suggestions for your health goals. Explore courses that are dedicated to those products and expand your knowledge so you can take responsibility for your well-being. You'll find courses on topics like:

- Microbiome health
- Healthy sleep habits
- Metabolism
- Nutritional wellness
- Reducing toxicity
- And so much more!

## You're Responsible for You

dōTERRA believes that with the right information and tools, you can take control of your life and find your own way to long-lasting health and wellness. Continue exploring, learning, and applying what you discover.

Your journey is ongoing, and every step you take brings you closer to the best version of yourself!

### Consider This

*What are the next three steps you plan to take in your personal wellness journey?*

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