

# Natural Solutions

dōTERRA

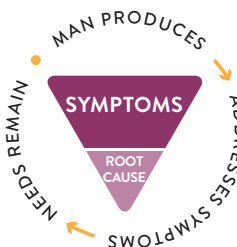
## for healthy, empowered living

Do you need safe, effective, and affordable health solutions?

### YOU HAVE CHOICES

#### Modern Approach

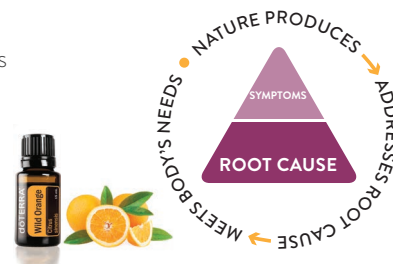
- Designed to manage symptoms
- Made from isolated synthetic agents
- Side effects (known and unknown)
- \$6.5 trillion/year spent on global healthcare
- Are we healthier?



or

#### Natural Approach

- Addresses body's needs and root causes
- Extracted from plants
- Enhances physical and emotional health
- Safe benefits without side effects



### ESSENTIAL OILS ARE EFFECTIVE



MAGNIFIED

Peppermint leaf oil sac



Essential Oils Pass Through Cell Membrane

CELL



28 cups Peppermint tea

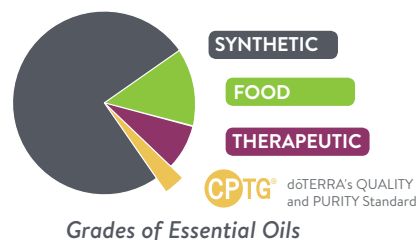
= 1 drop of Peppermint oil

#### Natural, Effective, and Safe

- Natural aromatic compounds extracted and distilled from plants for health benefits.
- Contain hundreds of different compounds, providing complex and versatile abilities to combat threats without building up resistance.
- Work with the body to address issues and root causes on a cellular level.
- Affordable. Pennies per dose!

### dōTERRA IS SAFE AND 100% PURE

#### Why a new standard of quality?



#### Most tested. Most trusted.

- Plants harvested in their natural habitat.
- Verified pure; free of fillers and harmful contaminants.
- Stringent third party testing ensures authenticity and potency.

### HOW TO USE dōTERRA ESSENTIAL OILS



#### AROMATIC

Breathe in or use diffuser to:

- Open airways
- Boost mood
- Freshen the air



#### PEPPERMINT

- Cool the body
- Stay alert
- Relieve head tension
- Promote feelings of clear breathing
- Relieve stomach upset when ingested\*



#### TOPICAL

Apply to bottoms of feet or affected areas to target specific needs.



#### DEEP BLUE<sup>®</sup>

- Apply pre/post workout
- Use for calm and comforting massage
- Apply to muscles after a long day
- Apply on lower back after heavy lifting



#### INTERNAL

Drop in water, under tongue, or into a veggie capsule and swallow.



#### dōTERRA ON GUARD<sup>®</sup>

- Powerful immune system boost\*
- Diffuse to cleanse the air

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