

Movement & Metabolism

Your body is meant for movement. Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems. Essential oils and supplements support greater flexibility and ease feelings of tension in the body. Together, both can enhance your ability to stay active and strong.



DAILY WELLNESS HABITS

- Make time for 30+ minutes of daily movement.
- Stretch or practice yoga to increase flexibility.

Movement



Deep Blue® Rub

Provides a soothing effect to the back, shoulders, neck, knees, feet, and other areas of concern.

Apply before and after exercise or activity to support ease of movement and recovery.



Deep Blue™ Stick + Copaiba

Topical analgesic that offers temporary relief from minor aches and pains associated with arthritis, sprains, strains, and bruises.

Apply to any area of concern as needed.



Deep Blue Polyphenol Complex®

Soothes aches and discomforts and supports muscle and joint function.*

Take 1-3 capsules daily with meals or take 2 capsules for extra support.



Mito2Max®

An energy and stamina complex that supports healthy cellular energy production and promotes healthy circulation.*

Take 1 capsule with breakfast and lunch. Use as a natural substitute for caffeinated drinks.



Turmeric Dual Chamber Capsules

Supports a healthy inflammatory response in the body.*

Take 1 capsule with breakfast and another with dinner to support an active lifestyle.



Copaiba Softgels

Supports the healthy functioning of the cardiovascular system and a healthy inflammatory response in the body.*

Take 1 softgel as needed.



Relief Wellness Program

Moving more because you feel better, stronger, and more flexible is a dream come true. Take 90 days to make it a reality. See page 18 for details.

Metabolism



doTERRA Protein

Premium protein blend supports building muscle, managing appetite, and recovering after workouts.* Available in chocolate, vanilla, and vegan.

Blend with a preferred beverage or add to your daily smoothie.

CHOCO-PEPPERMINT PROTEIN SMOOTHIE

- 1 cup coconut water or almond milk
- 1 scoop doTERRA Chocolate Protein
- 1 drop Peppermint essential oil
- Ice (as desired)

Blend all ingredients until smooth.

BERRY-ORANGE PROTEIN SMOOTHIE

Combine doTERRA Vanilla Protein with frozen berries, bananas, and 3 drops of Wild Orange essential oil.

HEALTHY WEIGHT PLAN

BREAKFAST

- doTERRA Protein smoothie
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3-5 drops in water



LUNCH

- Healthy meal or doTERRA Protein smoothie
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3-5 drops in water



DINNER

- Healthy meal
- 1-3 capsules DigestZen TerraZyme®
- 1 Slim & Sassy® Softgel or 3-5 drops in water

See individual labels for ingredients, cautions, and instruction for use.

*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.