



## Liz Freeman Essential Oils for Athletes

Liz's three favorite oils as an athlete:

### Balance

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### On Guard

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### Peppermint

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What are her "honorable mentions"?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

### Deep Blue Rub

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Record below any other notes or ideas from the podcast that you'd like to remember on promoting a therapeutic lifestyle using essential oils.

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What doTERRA product has Liz challenged herself to start taking this year?

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What is one doTERRA product or oil that you would like to try this year?

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