



ESSENTIAL OIL
SOLUTIONS
with dōTERRA

Reducing Toxins in Your Life

What are some of the ways we can be exposed to toxins in our everyday lives?

What are the potential effects of having a high toxic load?

Name some of the simple switches you can make to decrease your toxic load.

Which dōTERRA products can help?

What's something you could do to decrease toxic load in your home?
