



ESSENTIAL OIL  
SOLUTIONS  
with dōTERRA

## Supporting Clear Breathing Featuring Aryn Nolan

What does the respiratory system consist of?

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Why are feelings of clear and open airways important?

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Which essential oils and blends did Aryn recommend for adults?

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What are the essential oils Aryn likes to use with her children?

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What are some of the ways Aryn uses essential oils to support clear breathing throughout her day?

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Which essential oils mentioned in this podcast would you like to try?

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