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 **dōTERRA PRODUCT GUIDE**, (see pages 36-51)
A quick shopping reference for all products

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Take Control

Super power made possible

- *Appetite control*
- *Healthy food intake*
- *Weight management and well-being*



Slim & Sassy Control™ Bars

34340001 Lemon	
34370001 Apricot	
34330001 Apple Cinn	10 servings/box
\$36.67 retail	\$27.50 Wholesale 20 PV

Slim & Sassy Control Instant Mix

34150001	30 servings
\$79.33 retail	\$59.50 Wholesale 59.5 PV

These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



ask Dr. Hill

DR. DAVID K. HILL, CHIEF MEDICAL OFFICER

An industry expert on wellness and essential oils, Dr. Hill is the chairman of the dōTERRA® Scientific Advisory Board.

Q: Why should you trust dōTERRA essential oils and products?

A: dōTERRA offers the highest quality essential oils and products in the industry. The name of our company, dōTERRA, means “Gift of the Earth.” Our commitment to our customers is to seek out these gifts of the Earth and present them in their pure, unaltered form. Cō-Impact Sourcing™ and the strict CPTG Certified Pure Therapeutic Grade® quality protocol ensure that the dōTERRA essential oils and products you buy are of the highest purity, potency, and consistency, which leads to their greatest health benefit. All of our essential oils have health uses that have both historical value and modern scientific validation. To see this scientific validation, search the 1,600+ abstracts of clinical studies, case studies, and scientific articles relating to essential oils in the Research section of AromaticScience.com. We only sell essential oils and products that have strong scientific backing and meet our CPTG standards, thus ensuring that when you buy dōTERRA, you get a product that will have a powerfully positive impact on your health.

Q: What is the difference between an absolute and an essential oil?

A: Many beneficial compounds are found within plants. Ideally, essential oils contain only aromatic compounds; however, both aromatic and non-aromatic compounds can be captured in an absolute. While extraction methods vary between an essential oil and an absolute, this basic difference may provide additional therapeutic benefit. Jasmine, for example, as an absolute develops a more complete aroma and consequently has added benefits. Absolutes are primarily used for both aromatic and topical application.

Q: How do I best control the amount of essential oils my body receives?

A: Essential oils are naturally powerful. It’s important to keep in mind that using oils in small amounts throughout the day is more effective than a single large amount once a day. Each method of essential oil administration is safe when used in moderation. The easiest method to control the true amount your body receives is through internal use, followed by topical use, then aromatic use.

It’s difficult to control the amount of oil your body uses when you use them aromatically, because there are many different factors involved, such as air turnover in the room, room size, proximity of the person to the diffuser, differential output of diffusers, etc. Topical usage is more controlled than aromatic use, but because of differences in dilution and incomplete permeability of essential oils into the bloodstream, inexact amounts of essential oils enter body-wide circulation.

Ingesting oils in a capsule is the most controlled method of essential oil use. I recommend taking two to three drops of oil every four to six hours, taking care to adjust the amount downward for children and those with sensitivities. Using dōTERRA blends that come in softgel form, such as DigestZen® and DDR Prime®, or putting two to three drops of your favorite oil in a Veggie Cap, is a perfect way of guaranteeing that you are meeting this guideline.

ELEVATION

Joyful Blend

Life can feel like an emotional roller coaster sometimes. Positive emotions can have uplifting effects on both your body and mind, while negative emotions can bring you down and potentially harm your overall health. The Elevation essential oil blend is a revitalizing combination of essential oils that will lift your mood, increase your energy, and provide a sense of assurance that everything will be okay during stressful times.

CALMING

- Lavandin Flower
- Lavender Flower
- Elemi Resin
- Melissa Flower

GROUNDING/BALANCING

- Hawaiian Sandalwood
- Ylang Ylang Flower

REVITALIZING/UPLIFTING

- Tangerine Peel
- Lemon Myrtle Leaf Essential Oil
- Osmanthus Flower

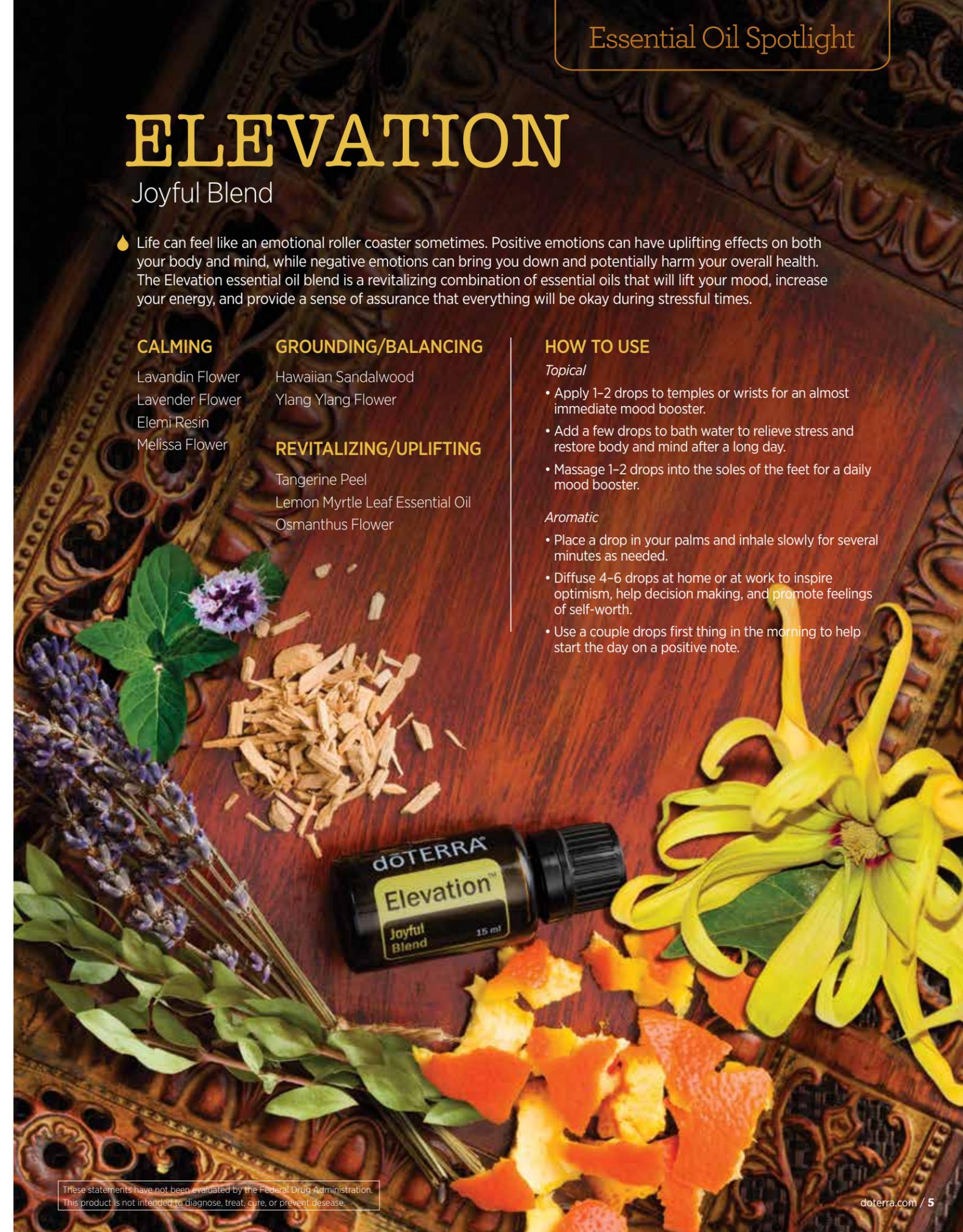
HOW TO USE

Topical

- Apply 1-2 drops to temples or wrists for an almost immediate mood booster.
- Add a few drops to bath water to relieve stress and restore body and mind after a long day.
- Massage 1-2 drops into the soles of the feet for a daily mood booster.

Aromatic

- Place a drop in your palms and inhale slowly for several minutes as needed.
- Diffuse 4-6 drops at home or at work to inspire optimism, help decision making, and promote feelings of self-worth.
- Use a couple drops first thing in the morning to help start the day on a positive note.



THE DOCTOR RECOMMENDS:

Essential Oils Supplements—a simple way to take your essential oils internally



Zendocrine®
Softgels
35430001



DigestZen®
Softgels
35430001



On Guard®+
Softgels
35420001



TriEase®
Softgels
49310001



dōTERRA
VEGGIE CAPS
34100001



DDR Prime®
Complex
41740001



Slim & Sassy®
Softgels
34270001

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Collette Taylor

Slim & Sassy®
Participant 2015

Inspired by her family, Collette Taylor has now participated in two consecutive Slim & Sassy Competitions, and has never stopped moving forward.

Change of Lifestyle

Changing my lifestyle has been a journey of many steps—sometimes big, but most often baby steps. My daughter Cylvia struggled with obesity. She became ill and was diagnosed with the swine flu, pneumonia, and complications from a heart defect. She slipped into a coma. Just days after coming out of it, she passed away. Cylvia is the reason I chose to begin my weight loss journey. I vowed never to be unhealthy or overweight again.

As a grandmother, my being overweight was the opposite of what I wanted to teach my granddaughters. I wanted to be able to teach them through my example. I had a desire to live at my healthiest and happiest for many years to come. My inspiration continues to be fueled through my love for each of my granddaughters and also for my husband, Mark, my strongest advocate and supporter.

Success Begins with a New Mind Set

My greatest challenge was erasing negative comments and feelings from the past. This competition has afforded me the ability to overcome the limiting beliefs, self-doubt, and negativity of the past. I found that we need inspiration from those around us. Our lives are also more fulfilling when we use the power of self-prophecy. We must eliminate other negative voices—both within and without. Get away from people who make you feel defeated or deflated. To help build myself up, I only give praise for what I do well, and I cut out complaints about myself. Success begins with a new mind set and enveloping yourself with positive family, friends, and your dōTERRA family.

In the beginning of the challenge, I purchased a little black dress in the single digit size that I wanted to achieve. I hung it where I could see it every day. This challenge helped me learn to seek for anything I desire and overcome past fears of rejection and failed attempts. You're never too old to start. This journey is truly achieved one step at a time. Today, Grandma gets to wear her little black dress—we're going with a new style!

*Results vary based on diet and exercise. Typical loss may be less.



“We are what we repeatedly do; therefore excellence is not merely an act, but a habit.” –Aristotle

Collette's Tips for Success:

1 Don't skip meals. Exercise without the proper nutrition can limit your success; skipping meals is a bad habit and causes your body to go into survival mode, slowing our metabolism.

2 Put dōTERRA products into practice. The products will help give you the confidence and the will to continue. For example, replace three meals a day with six small ones. Of those six meals, make two with dōTERRA Slim & Sassy TrimShakes. You can also flavor your water with different kinds of oils.

3 Learn to know and accept your limits. Learn to give yourself time by scheduling time for yourself, including having a “power hour” for daily self-development. Put stress to rest. Give yourself permission to sleep. We re-energize and eliminate the darkness of the stress monsters when we do.

4 Get yourself a visual reminder of your goals and put it where you can see it every day. For me, it was that little black dress.

5 Fail forward. Sometimes success is two steps forward and one step back. Get going immediately after you feel you have failed. That one truffle won't haunt you into failure. Only you can choose, so believe you are going to excel.

6 Meet as much of your dōTERRA family as possible. They can become a huge source of support for you. You can also call, text, blog, and email with them to keep the spirit of enthusiasm with you for your goals.

PRODUCTS USED



- DigestZen®
- Slim & Sassy® Metabolic Blend
- TerraGreens®
- Slim & Sassy® TrimShake
- LifeLong Vitality Pack
- Terrazyme®
- PB Assist®

Lasting Weight Loss

SMART TIPS AND EFFECTIVE TOOLS

Approximately two in three people in the U.S. and most developed countries around the world are overweight. Losing weight is not just a matter of looking good in your swimsuit; it also has profound implications in improving your health and longevity! For many overweight people, losing as little as 10 pounds can significantly improve markers of good health, such as blood pressure and cholesterol levels. Most degenerative diseases have been associated or directly linked to being overweight.

If you struggle with weight, you've probably figured out what scientists and doctors already know: there is no magic weight loss pill. We can't keep eating too much and exercising too little and then expect a pill to fix it. Similarly, extreme crash diets don't work either; the changes are too drastic and cannot be maintained. After a few weeks or months, the lost pounds are regained.

Successful weight loss requires reasonable, doable lifestyle improvements. More than that, they need to be long-term changes to really get lasting results. This is easier said than done, of course. We are all creatures of habit who naturally resist change. Plus, today's food and beverage offerings in restaurants and supermarkets have been optimized for great taste and appetizing aromas at the expense of being healthy. Then add our sedentary jobs and lifestyles, and you have a perfect storm of factors working against even our best efforts to lose or even maintain weight!



BIOGRAPHY: Dr. Carsten Smidt is dōTERRA's Chief Science Officer and oversees research and product development. Dr. Smidt has held executive research and development positions for almost 20 years, working for leading global companies in dietary supplement, nutraceutical, and medical food industries. He holds a doctorate degree in Nutrition Science and Physiological Chemistry from the University of California at Davis and is a fellow of the American College of Nutrition. Dr. Smidt is passionate about health and fitness and enjoys the outdoors.



“Successful weight loss requires reasonable, doable lifestyle improvements. More than that, they need to be long-term changes to really get lasting results.”

TAKING CONTROL OF YOUR CRAVINGS

For most of us, the greatest challenges are the cravings and snacking urges in between meals or after dinner. To help you specifically with appetite control and snacking, dōTERRA now offers **Slim & Sassy Contrōl™**. This breakthrough product controls cravings by helping the body feel full. It features a proprietary extract made from spinach called Appethyl™.*

Appethyl works so well that many people feel reduced appetite and cravings after the first try. In fact, there are eight human clinical studies showing that it reduces appetite and cravings. These studies also show that it helps people lose weight when used as part of a weight management program.

So, how does Appethyl work? Essentially, it helps our digestive system signal to the brain that we are full. Let me explain: Our small intestine is about 23 feet long. The refined foods we eat nowadays are digested very quickly, mostly in the upper part of the intestine. All the way at the bottom of the small intestine we have special receptors

that detect undigested fat. When these receptors detect fat, they send a message to the brain that we don't need more food. However, the fats from today's refined foods almost never make it down to these receptors. They are digested so quickly that we don't get the message that it's time to stop eating. This is why we feel like snacking and eating all day long.

Taking Slim & Sassy Contrōl with your food helps slow down fat digestion just enough that the fat makes it all the way down to these receptors. As soon as they detect the fat, they send a powerful message to the brain that we're full. So, what we're doing here is simply supporting our body's natural way of controlling appetite.*

We offer two options of Contrōl: An instant beverage mix powder and healthy snack bars in three flavors.

Here's how to take **Slim & Sassy Contrōl Instant Mix**: If you're like me and your biggest problem is snacking after dinner, then take it with lunch. If you tend to snack throughout the day, then take it

with breakfast. Be sure your breakfast or lunch contains at least a little bit of healthy fat. Your body needs healthy fat and it helps make Contrōl do its job. Mix it into your dōTERRA **TrimShake** made with low-fat dairy milk or almond or soy milk. You can also make a TrimShake smoothie with some avocado or yogurt. The sky is the limit for recipes.

The **Contrōl Bars** already contain healthy fats, so you can take them even in between meals as a healthy snack.

I have evaluated hundreds of weight-loss ingredients, and our Appethyl® spinach extract in Contrōl is by far the best researched and most effective weight management ingredient I've ever seen. We have secured the exclusive rights to Appethyl® in our business channel, and we're excited to provide the full clinically tested amount in each serving of Slim & Sassy Contrōl.

We recommend using it as part of the dōTERRA® Slim & Sassy® program, and we're confident that it will help you take control of the long-lasting lifestyle improvements that lead to successful weight loss. Studies also have shown that taking a good multivitamin further enhances success of weight loss programs, and there are no better multivitamins than dōTERRA **Daily Nutrient Pack™** and dōTERRA **Lifelong Vitality Pack™**.



TIPS FOR MAINTAINING A HEALTHY BODY WEIGHT

GET THE MOST SATIATION OUT OF THE CALORIES YOU CONSUME

How? By making smart food and beverage choices. Go for more fruits and vegetables, quality protein sources (like fish, chicken, low-fat dairy, and beans), and drink water. Avoid most processed foods, bakery items, pastas, breads (esp. white), pizza, and fried foods. Snack on fruits or a few nuts instead of chips and ice cream. Use dōTERRA TrimShakes to prepare healthy, high-protein, high-fiber shakes and smoothies to replace breakfast and or lunch.

STAY AWAY FROM SOFT DRINKS AND JUICES

Americans get over 25 percent of their total daily calories from sugary soft drinks and juices. They don't satiate and are loaded with calories. Even diet sodas don't work, since they cause sugar cravings later. Drink water instead—and lots of it! Humans are naturally designed to drink water. Use a few drops or dōTERRA Slim & Sassy® Metabolic Blend with the water you drink in between meals.

EMBRACE THE FEELING OF BEING HUNGRY AS SOMETHING POSITIVE

When you are feeling hungry, your body starts burning body fat. Don't be afraid of feeling hungry! Yes, it's not one of the most pleasant feelings, but try to visualize how you are burning fat when hungry, and keep in mind that eating something will immediately stop the fat burning.

GET INTO THE EXERCISE HABIT AND START SLOW

Being too ambitious with exercise initially is a main cause for failure. A fitness tracker (such as FitBit, etc.) can help. Exercise must be enjoyable and doable at all times. When you want to increase your regular exercise level, do so gradually. Taking it slow allows you to adjust both mentally as well as physically. If you are not used to exercise, consult your doctor before starting.

USE A FITNESS APP

Counting calories and activities can be a little bothersome, but it's highly educational and you'll get used to it in a week. It opens your eyes to how much calories your foods and beverages actually contain, and how much exercise it takes to “repair the damage” of eating too many calories. I use MyFitnessPal when I want to lose weight, and it's one of the best apps out there.

DON'T GET DISCOURAGED

Old habits are hard to break, and research shows that repetition is the key. Once you are used to your new, healthier routine you have formed a new, healthier habit and things get much easier. Make these lifestyle changes gradually; it'll be easier to adjust and they will last you a lifetime!

*Appethyl is a trademark of Greenleaf Medical AB

* These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



ESSENTIAL OIL THEMED BIRTHDAY PARTY!

There is no better way to celebrate your birthday than sharing what you love with the ones you love.

Fluffy Lemon Buttercream Frosting 1

Ingredients

- 3½ cups confectioner's sugar
- ½ cup of butter (1 stick) softened
- ¼ cup of milk
- 1 teaspoon vanilla
- 1 tablespoon lemon zest (the rind of a lemon)
- 3-4 drops Lemon essential oil

Directions

- Mix together butter, lemon zest, and vanilla until all lumps are gone.
- Add milk and quickly cream into butter mixture.
- Mix in sugar, ½ cup at a time.
- Once the sugar is mixed in, cream on high for 2 minutes.
- Mix in Lemon essential oil.
- Spread over layers and outside of cake.

Tip: You can substitute ingredients if desired.

Create a Custom Happy Birthday Banner 2

- Use a die-cutter to cut out oil drops, essential oil bottles, and letters on cardstock paper.
- Glue the letters to oil drops and bottle cutouts.
- Using a sewing machine, sew paper to the string. Alternatively, you can glue the paper to the string.

Flavored Party Ice 3

Combine water, your favorite fruit, herbs, and a drop of essential oils in an ice-cube tray and freeze overnight.

Suggested Flavors:

- Raspberry-Peppermint
- Lime-Cucumber
- Orange

Party Favors for Your Party 5

DIY Lotion Bars

Send your guests home with a moisturizing lotion bar made with essential oils.

Visit [dōTERRA blog](#) for a simple DIY recipe.

Scented Sachets

Scented sachets are great for cars, gym bags, drawers, or anywhere your guests would like to experience the benefits of essential oils long after your party.

Add a few drops of Lavender essential oil to some rice and mix with dried Lavender. Scoop a few teaspoons into an organza bag.

Essential Oils Samples

Samples are a good way to introduce essential oils to family and friends while leaving them with a memorable gift.

You can give single sample vials or include some of your favorite oils or blends. Tie a card around the bottle explaining the benefits and instructions for use.

Name that Scent Game 6

Create fun interaction while sharing what you love with others.

- Choose a few of your favorite oils. Cover the label with masking tape.
- Allow each guest to smell each oil and then try to guess what that oil is. Have them write their guesses on a piece of paper.
- After each guest has had an opportunity to smell each oil and write their guesses, give them the correct answers. As you give the answers, share any additional information about that oil.
- You can give samples of oils or products as prizes to anyone who got all of the answers correct.

Create Your Own Birthday Blend

Using the oils that you have on hand, invite each one of your guests to create a personal birthday blend in a sample vial that they can keep.



Tip: Add several drops of Lemon essential oil to your favorite cake and frosting recipes.

4 Sparkling Soda

- Lavender
- Wild Orange
- Lemon

Combine chilled sparkling water, slices of fresh fruit, and a couple drops of essential oil for a refreshing beverage that everyone will enjoy.



Finding New Pathways



Essential oil experts will tell you that the characteristics of an essential oil largely depend on where it's grown. For this reason, dōTERRA actively seeks out the highest quality plants all over the world that produce higher quality therapeutic oil. This goal was a top priority when executives chose to source Cardamom essential oil from Guatemala. But, thanks to Cō-Impact Sourcing™, finding the right plant is only part of the story.

Why Guatemala?

The mountainous region of Alta Verapaz, Guatemala, is hot, humid, and rainy, creating the perfect growing conditions for cardamom. The rich clay-like soil also contributes to helping the plants grow with the perfect balance of therapeutic chemical components for the essential oil. The cardamom plant, in the same family as ginger, grows stalks up to 10 feet high. The seed-containing pods grow on off-shoot vines at ground level.

Most of the world's supply of cardamom is grown for the spice market, with only 1 percent of cardamom distilled for its essential oil. The market is so unstable and so saturated with middlemen that the farmers have a hard time making enough money to be able to produce quality cardamom. Alta Verapaz is also the hardest hit region for price-drops and manipulation by the middlemen, because the area is so remote. Now, there is a new factor: through the dōTERRA Cō-Impact Sourcing™ initiative, circumstances are changing for the better.



Partners for a Better Future

In partnership with CHOICE Humanitarian, dōTERRA funded an exciting venture to build a new training center, Sikaab'e, in the Polochic valley. "Sikaab'e" means "seek your path" in Q'eqchi, the language of the indigenous Mayan people living in the area. The center's primary focus is to break the cycle of poverty by teaching different vocational skills from construction to hospitality. Agriculture is also a main focus; students learn sustainable farming techniques and crop diversification. Other skills taught include how to plant family gardens and build eco-stoves for reduced fuel consumption.

Currently there are 19 male and female students at the center with their families. All the training they receive benefits them personally, but also brings hope to the communities they return to as they share their knowledge with their friends and neighbors.

Our Approach

Helping our cardamom growers improve production practices and teaching them about optimal harvest timing to produce the best oil is top priority. Just as we have done in Haiti, cooperatives made up of hundreds of families have been formed to provide the pods needed to supply the demand dōTERRA has for Cardamom oil. These cooperatives only continue to grow in size as word spreads and dōTERRA's partnership with the cooperatives earns more trust in the area.

Growers are educated on when to pick the cardamom pods and what the plant's optimum growing conditions are. Immature pods do not produce enough quality oil, and cardamom also requires plenty of shade to grow. For this reason, growers are taught to plant Pacay and Allspice trees throughout the cardamom crops. This provides a source of fruit and also helps replenish nitrogen levels in the soil. By using organic fertilizers and keeping the plants free of dried leaves and debris, the best pods are produced.

"I am so excited for what the future holds as our Cō-Impact Sourcing initiatives begin to bless the lives of these humble, hard-working people. Sustainable jobs are being created, education and health care are more readily available, and a new perspective on the quality of life is given. We are committed to lifting up this community of cardamom harvesters and many others."

-Emily Wright, Executive Vice President

Guatemala Sikaab'e Center Students



Newly Built Sikaab'e Center



Once harvested, the pods need to be dried within two to three days or they will begin to mold. This is where the middlemen have taken advantage of the harvesters. Large drying units are required to dry the pods to prepare them to be sold in the spice market or to be distilled for essential oil. dōTERRA is funding drying units and a warehouse facility through the additional margin we pay for our Cardamom oil so the harvesters have control of their pods and do not have to rely on the unfair prices the middlemen offer.

dōTERRA Cardamom Cō-Impact Sourcing™

1. Provides sustainable jobs to the members of the local communities.
2. Establishes a reliable buyer, fair prices, and develops long-term sourcing partnerships.
3. Offers higher pay for growers and harvesters.
4. Teaches the farmers to develop better growing practices.
5. Donates an additional margin to the price of the Cardamom oil, which goes to the harvesting communities to build schools, hospitals, and pod-drying facilities that will result in the harvesters receiving an even higher price for their pods.



Steps of Cardamom Distillation

1. Sort pods to produce therapeutic synergy in the oil (there are 40 different types of pods).
2. Crush pods to release volatile compounds.
3. Distill crushed pods at low heat (6-hour distillation process).

Cardamom essential oil contains over 200 molecules with varying volatilities. These volatile compounds are released from the plant material and are carried away with the steam during the distillation process. The lighter molecules come off first; a longer distillation is required to get the heavier molecules. These aromatic compounds are then collected from the separator.

Once the pods have been dried, they are taken to the distillery. dōTERRA has an exclusive sourcing agreement with the cardamom distiller for the aromatherapy industry. They are excellent partners, fully aligned with our Cō-Impact Sourcing™ approach and philosophy.

dōTERRA pays a margin in addition to the price of the Cardamom oil to support the communities where the harvesters live. Our distillation partners are aligned with dōTERRA's philosophies in this regard and want to give back to the Guatemalan people. We are committed to providing a sustainable income and better way of life to the people who work so hard to pick the pods that benefit us so greatly.

Facts

- Each cardamom pod contains from 10 to 20 seeds, where most of the essential oil comes from.
- Cardamom is bundled and sold raw as a spice in 100-pound bags called "quintales"
- Cardamom seeds take 40 days to germinate and then at 60 days can be transplanted as starts. The starts are transplanted when the cardamom plant is one and a half feet tall (approximately four months after germination). Pods start appearing after two years. If well maintained, the plant can then live up to 11 years.
- About 300,000 families are impacted through the harvesting of cardamom throughout the country.



Healing Hands

The Healing Hands Foundation is an integral part of the ongoing humanitarian work in Guatemala. In February, two groups of dōTERRA® executives and Wellness Advocates went to Alta Verapaz to help with numerous service projects. Volunteers worked to paint walls at the Skiab'e Training Center, terrace the soil on the mountainside, and place septic tanks. Volunteers also helped educate women on personal hygiene in concert with Days for Girls. This event was made all the more special in that, in this area of the world, most women are not educated about their anatomy or have access to feminine products. Reusable feminine hygiene kits were provided to all of the girls who have reached maturation age.

"Truly the journey of one bottle of dōTERRA essential oil is a journey of healing for every single person involved in the process."

-Kyle Kirschbaum, dōTERRA Presidential Diamond

Wanting to make a newly built hospital a self-sustaining facility, the Healing Hands Foundation provided enough funds for a one-year salary to hire a new doctor. He will help the surrounding villages receive not only the medical care they need, but also education on personal hygiene and other basics. The people in the surrounding communities are not always comfortable going to the hospital, because it has never been an option before. Despite this challenge, the doctor is already saving lives and opening doors for improved well-being.

During the expedition, Dr. Hill took the opportunity to teach the new doctor, midwives, and health workers about essential oils and their uses. He also taught the AromaTouch® Technique as a way for the people to apply what they learned. Essential oils themselves will be an effective tool to improve the overall quality of life of the Q'eqchi villages, even as they work to produce Cardamom essential oil for the world.



Painting walls at Skiab'e Training Center

Personal hygiene— Days for Girls

Dr. Hill giving AromaTouch Technique



Cardamom: Chemistry, Benefits, and Uses

—by Dr. Hill

Cō-Impact Sourcing™ has a huge impact on the quality and productivity of the cardamom plant, which directly impacts our Cardamom oil. Contributing to the quality and uniqueness of dōTERRA® Cardamom oil is a proprietary distillation process that our partner distillers developed over many years of trial and error. All of this results in an especially effective and unique essential oil with high amounts of terpinyl acetate and 1,8-cineole, as well as lesser amounts of linalyl acetate and linalool. This unique chemistry makes Cardamom a great calming and soothing oil.



Cardamom is known to have calming effects on the digestive system, a property thought to originate from its high monoterpenoid ester content. Examples of other essential oils with high amounts of monoterpenoid esters are Lavender, Clary Sage, and Roman Chamomile. Our Cardamom has high amounts of the monoterpenoid esters terpinyl acetate and linalyl acetate. When taken internally in a veggie cap, Cardamom oil slows down muscle contractions in the intestines,¹ easing occasional bowel looseness.*

Because of its high monoterpenoid ester content, Cardamom can be used to calm the whole body in general, not just the digestive system. To calm body and mind, try diffusing Cardamom aromatically or using Cardamom in the AromaTouch® Hand Technique.

dōTERRA Cardamom essential oil has high amounts of 1,8-cineole, which other cardamom essential oils are not close to achieving. Also known as eucalyptol, this monoterpenoid oxide is highly regarded for its positive effects. It soothes and promotes feelings of clear airways and easy breathing.²⁻⁶ For this reason, we reformulated our Breathe blend to include Cardamom essential oil. Try inhaling Cardamom oil for its soothing effects.

When used according to dōTERRA's usage guidelines, essential oils containing 1,8-cineole are perfectly safe and beneficial for the whole family. For a detailed look at how to use essential oils safely, review Module 5 - Safety and Application in the Education section of AromaticScience.com.

The culinary world has high esteem for freshly ground cardamom, calling it the “queen of spices.” It has to be freshly ground because the essential oil of the seeds is where its distinctive flavoring comes from; essential oils are volatile and will not be present in older ground cardamom. Cardamom serves as a spice for Indian curries and a flavoring in Middle Eastern coffees, and is the secret ingredient of Scandinavian pastries. You can substitute Cardamom oil for freshly ground cardamom seed and get the same great flavor profile in these and other delicacies.

Our commitment to Co-Impact Sourcing has empowered our Guatemalen cardamom growers and distillers to produce a truly special Cardamom oil. Its unique chemistry allows it to calm the digestive system* and the whole body. From the mountains of Guatemala to your home, this gift of the Earth is a perfect complement to your health regimen.



Dr. David K. Hill, Chief Medical Officer

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5. Worth H, Dethlefsen U. Patients with Asthma Benefit from Concomitant Therapy with Cineole: A Placebo-Controlled, Double-Blind Trial. *J Asthma.* 2012;49(8):849-853. doi:10.3109/02770903.2012.717657.

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7. Takaishi M, Fujita F, Uchida K, et al. 1,8-cineole, a TRPM8 agonist, is a novel natural antagonist of human TRPA1. *Mol Pain.* 2012;8(1):86. doi:10.1186/1744-8069-8-86.

* These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

Stretching

YOUR LIMITS



Provides a unique blend of extracts of frankincense, turmeric, green tea, ginger, pomegranate, and grape seed to help support muscle and joint comfort and function.*

Deep Blue
Polyphenol complex™

60120001	60 Vegetarian Capsules
\$79.33 retail	\$59.50 Wholesale 59.5 PV

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YOGA & Essential Oils



When it comes to yoga and essential oils, Adabelle Carson, a dōTERRA® Diamond, has a lot of experience. She says, “I became a certified yoga instructor about nine years ago when I was having my kids. Four of them had come pretty quickly, and I was just in a funk. So my husband said to take some time for myself and go to the gym. One of the first classes I did was a yoga class. At that class something clicked for me, and I was able to release a lot of emotions. I remember I cried; I didn’t know why then, but it left me feeling amazing.” Wanting to learn more about yoga, Adabelle took a 200-hour certification course which required doing 20 hours of teaching for free as a community service. So, she talked to people in her area and started a class at her church.

Just after she became certified, essential oils came into the picture. She shares, “I took a class in California where they used essential oils in their yoga routine. They primarily used essential oils during the relaxation portion at the end of the class, called savasana or corpse pose.

The instructor went around with Lavender, and it took me to a deeper place and boosted all the effects of yoga for me. I went home and decided that I wanted to incorporate essential oils into my yoga classes.” After years of using other brands of essential oils, Adabelle was introduced to dōTERRA. “My sister-in-law, Heather Carson, gave me the Introductory Kit, and I wondered where these oils had been all my life. The rest is history.”

Adabelle uses essential oils aromatically, topically, and internally in her yoga classes primarily using Lemon, Lavender, and Peppermint. She finds that essential oils enhance the emotional support and therapy that yoga provides, besides the more obvious physical benefits. She says, “Essential oils create a bridge for both the novice and the expert who may have been doing yoga for a long time, but was never taught the purpose behind it. By using the essential oils, they can bridge that gap. When you breathe them in, you get it.”



Adabelle Carson
dōTERRA Diamond

“Never use more than three oils in your routine, because there is a lot of energy being processed in a yoga session, and you want to prevent overload. Also, make sure that you ask about sensitivity to essential oils before you begin. You will need to pay attention to the general feeling of the class to determine which oils to use.”

Essential Oil Routine Example: Mood Balancing

- 1 Begin with **Breathe™**. To connect yourself more deeply to your breathing, place a drop or two in your palms and bring them in a tent to your face. Close your eyes and focus on your breathing.
- 2 Use **Peppermint** to get going. Place a few drops at the top of the mat and create a circle. Peppermint works a lot like a mantra; it helps you to focus and has calming properties. It also is a great reminder to breathe.
- 3 Use **Balance™** right before corpse pose. Place the oil on your feet to help you relax into the pose.

- 1 **CROWN CHAKRA-Elevation**
Location: Top of head
Benefits: Bliss, transcendence
- 2 **THIRD EYE CHAKRA-Serenity™**
Location: Brow
Benefits: Perception, intuition
- 3 **THROAT CHAKRA-Whisper™**
Location: Throat
Benefits: Communication, expression
- 4 **HEART CHAKRA-Breathe™**
Location: Center of heart
Benefits: Acceptance, compassion
- 5 **SOLAR PLEXUS-DigestZen®**
Location: Solar Plexus
Benefits: Self-confidence, willpower
- 6 **SACRAL CHAKRA-Citrus Bliss®**
Location: Lower abdomen
Benefits: Creativity, healthy relationships
- 7 **ROOT CHAKRA-Balance™**
Location: Coccyx, legs, feet
Benefits: Stability, ground emotions



DIY: Lavender Eye Pillow

- 1/3–1/2 cup dried lavender flowers
- 1/4 cup flax seed
- 5-7 drops Lavender essential oil
- 28" x 4" pieces of fabric

Sew the fabric together and leave one short side open for filling, then fill the center with lavender flowers and flax seed. Place the Lavender essential oil on the inside of the pillow as well. To finish, close the open side with a sewing machine or by hand stitching.



DIY: Henna

Basic Recipe:

- 1/4 cup or 20 grams fresh henna powder
- 1/4 cup lemon juice
- 1 1/2 teaspoons sugar
- 1 1/2 teaspoons essential oil of your choosing

HOW TO USE

Essential Oils Internally

-  Add to beverages
-  Take in the dōTERRA Veggie Caps
-  Put a drop directly under your tongue
-  Take dōTERRA essential oil supplements
-  Use in favorite recipes *(see page 32)*

Tips on Taking Essential Oils Internally

- Follow recommended directions for use. Refer to the dōTERRA essential oil supplement bottles and product information pages for instructions and recommended use. Consult your physician if needed.
- Always start with one drop. As you become familiar with each essential oil and observe your body's response to it, you can slowly increase the number of drops until you achieve the desired results.
- Make sure the essential oils have the proper chemical profile and are free of impurities and adulterations. dōTERRA uses a number of third-party analytical methods to ensure that every bottle meets standards of composition and safety.

- Use oils that are recommended for internal use only. Some essential oils should not be used internally.

Essential Oils Safe For Internal Use

Basil	Geranium	Oregano*
Bergamot	Ginger	Patchouli
Black Pepper*	Grapefruit	Peppermint
Cardamom	Helichrysum	Roman Chamomile
Cilantro	Juniper Berry	Rosemary
Cinnamon Bark*	Lavender	Sandalwood
Clary Sage	Lemon	Thyme*
Clove*	Lemongrass	Vetiver
Coriander	Lime	Wild Orange
Cypress	Marjoram	Ylang-Ylang
Cassia	Melaleuca	
Fennel	Melissa	
Frankincense	Myrrh	

*Dilute hot oils to minimize any mouth sensitivity when taken directly

For more information and research on the internal use of essential oils visit aromaticscience.com

Wild Orange

Wild Orange is a dōTERRA® favorite for its fresh, invigorating aroma. It also has a variety of uses from aiding the digestive system to energizing the mind and body. Part of its appeal is thanks to its chemical makeup—Wild Orange has a high amount of monoterpenes, which gives the oil purifying and stimulating qualities that can help enhance immunity. The orange rind is also full of antioxidants that help maintain overall health.

Sourcing Origin: Dominican Republic
Distillation Method: Cold Pressed
Plant Part: Orange Rinds

HOW TO USE

- Place three drops in your sink or bathtub drain and allow the oil to evaporate before turning on the water.
- When you lack energy in the afternoon, diffuse Wild Orange to increase your alertness and lift your mood.
- Make a tea with a few drops of oil in warm water and drink to support the immune system.*
- For an invigorating shower, add a few drops of essential oil to a body wash.

KEY BENEFITS

- Lifts mood and energizes body and mind
- Supports the immune system
- Freshens a room and purifies the air



Fun Facts

Oranges have been grown since ancient times and originated in Southeast Asia. Orange trees are a symbol of love and marriage in many cultures.

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aromatouch[®] HAND TECHNIQUE

In situations where time is limited, the AromaTouch Hand Technique can be of tremendous benefit. The Hand Technique is an easy way to give an individual an essential oil experience while positively affecting different body systems.

With the Hand Technique, you can apply the specific essential oil that addresses the recipient's personal needs. This technique is a great introduction to essential oils, because it gives the recipient a one-on-one experience with both the giver and the oils.

The AromaTouch Hand Technique is a simple tool that anyone can use to give someone a great essential oil experience. You never know how much of an impact you can have on someone until you make the effort. The AromaTouch Hand Technique can be that impactful experience. We encourage you to perform this technique for a family member or friend that needs to feel cared for.

Whether you are at home or at the café, there is always time for the AromaTouch Hand Technique. ▶

The AromaTouch[®] Hand Technique consists of four simple steps performed on one hand and then repeated on the other. It only takes between five to seven minutes to complete the full technique. Once you have selected the oil you will use and are ready to perform the AromaTouch Hand Technique, follow these steps to give your recipient a wonderful, pleasant experience.



Step 1

Oil Introduction and Dorsum Tissue Stretch

- Apply a light, even coating of your selected oil to the entire palm of the recipient's hand (about one to three drops).
- Grip the recipient's hand on either side using both of your hands. Make sure the dorsum (or back) of the hand is facing up and that your thumbs are on top.
- Use your thumbs to stretch the tissue of the hand moving from the inside out, and from the wrist to the base of the fingers.



Step 2

Regional Tissue Pull

- Grip the recipient's hand (palm up) with one hand on either side and your thumbs on top.
- Use your thumbs to methodically work through all three regions in a circular motion away from each other, beginning in Region 1, with medium pressure.
- Make sure to work the entire surface area of each of the hand's regions.



Step 3

Vertical Thumb Walk

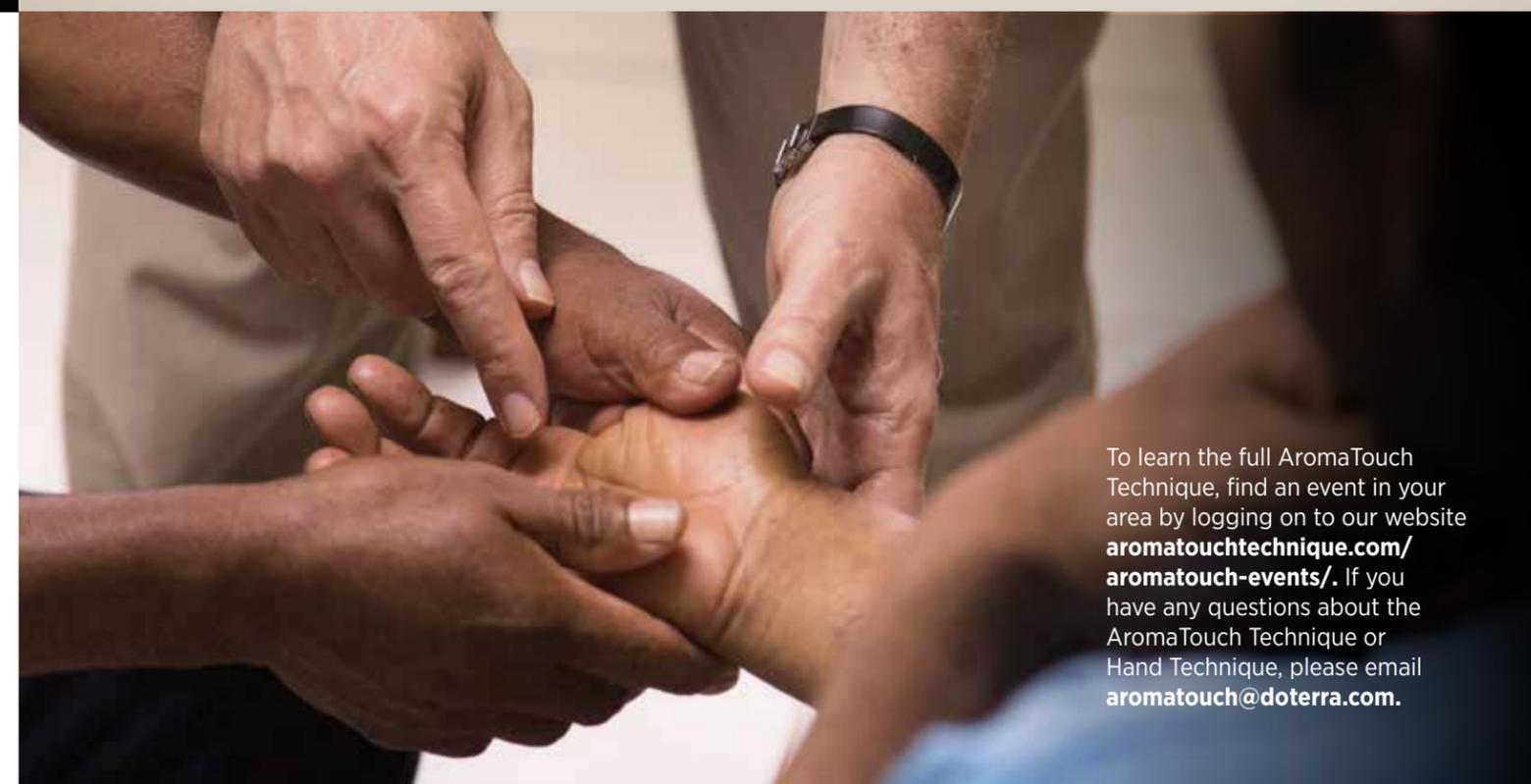
- Use your thumbs to work through each of the hand's five zones. Beginning in Zone 1, place your thumbs at the top of the recipient's hand close to the wrist and alternately work your thumbs down the entire length of Zone 1 to the tip of the finger three times. Repeat the procedure for all five zones.



Step 4

Interphalangeal Pull

- With the recipient's palm facing up, grip their wrist with one hand.
- Stretch the tissue located between each finger away from their hand by gripping and sliding the tissue between your thumb and forefinger.
- Repeat the pull three times between each finger before moving on.
- Repeat Steps 1–5 on the recipient's other hand.



To learn the full AromaTouch Technique, find an event in your area by logging on to our website aromatouchtechnique.com/aromatouch-events/. If you have any questions about the AromaTouch Technique or Hand Technique, please email aromatouch@doterra.com.

Travel Bag Makeover

Whether you are planning a family getaway or going on a business trip, essential oils can be easily incorporated into your travel plans.

Essential oils help reduce your tension, settle your stomach, overcome jet lag, and enhance your overall travel experience.



DIY VITAMIN POUCH
For an easy way to take your Daily Nutrients with you on vacation.

- What you need:**
- Hot pad with the loop in the middle of a side
 - 10 Ziploc snack bags
 - Large button
 - Ribbon (optional, for decorating the outside)

- Directions:**
1. Lay your Ziploc bags on top of the hot pad, alternating directions for each one; using the binder clip to secure the bags so they don't slide around while you sew.
 2. Put a piece of ribbon on top of the bags, sew the bags onto the hot pad with a zig-zag stitch down the middle of the bags.
 3. Sew on the button and hook the loop around it to close the pouch.



Pop in a **BREATHE™ DROP** to clear your nose in stuffy situations.*

Use **DEEP BLUE® RUB** or take **DEEP BLUE® POLYPHENOL COMPLEX™** when dealing with muscle discomfort from uncomfortable airplane seats.*

Save more room for oils with these convenient **SHAMPOO AND CONDITIONER** Samples.*

SLIM & SASSY® CONTRÔL™ BARS are a great, filling snack while on the run and a good way to maintain your weight away from home.*

Take a couple **ON GUARD®+ SOFTGELS** before getting on the plane or exploring public places to boost your immune system.*

VERÁGE™ SKIN CARE Face Wash and Moisturizer are small enough to fit into your carryon.*

LIP BALM—Keep your lips moisturized when traveling in dry places.*

Rub a drop of **PEPPERMINT** on the back of your ears to relieve pressure while flying, or take a beadlet when experiencing motion sickness.*

ON GUARD® LAUNDRY DETERGENT will come in handy when traveling with small children. Since it's highly concentrated, a travel-sized bottle will last you a while.*

ON GUARD® TOOTHPASTE SAMPLES—easy to share and convenient to take on-the-go.*

TIPS for Conquering JET LAG

1. Leave on your trip well rested.
2. Use flight time to rest.
3. Stay awake until an early local bedtime.
4. Use *Elevation* or *Balance™* during the day and *Lavender* before going to bed.

Freshen your drinking water by adding a few drops of **LEMON**.*

Apply **LAVENDER** or **SERENITY™** onto the back of your neck and temples or under your nose to calm nerves during a bumpy flight.*

Take **DIGESTZEN®** after each meal when switching diets and experimenting with unfamiliar foods or when dealing with slight stomach upset.*

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Summer Skin Care

Your Guide to Healthy Skin

It's summertime and the great outdoors are calling your name. Before you go, be sure take steps to keep your skin at its best.

Avoid too much sun exposure. A little sun is beneficial, around 20 minutes is enough to get the vitamin D you need. After this limit though, be sure to take precautions against the sun. (Remember, UV rays shine through even on cloudy days.)

Drink plenty of water. It's hot outside, so you need more water than usual to keep yourself hydrated. Doctors recommend you drink around eight cups a day and to add one to three more cups depending on your level of activity. You can always add a refreshing flavor to your water with a couple drops of **Lemon** or **Wild Orange** essential oil. If you don't feel like drinking water, seek out water-rich foods such as watermelon or cantaloupe.

Keep up with a healthy diet. A diet rich in antioxidants, including foods such as leafy green vegetables, blueberries, cantaloupe, and other melons will help stimulate collagen growth—important to maintaining skin elasticity. Egg whites and salmon are also excellent sources of protein, which helps nourish skin and repair damage. The **dōTERRA Daily Nutrient Pack™** delivers the right amount of vitamins, minerals, trace elements, and omega-3 fatty acids to your body.

Don't forget the lips. Your most delicate skin is on your lips. To avoid sun damage, use a lip balm instead of high shine gloss. **dōTERRA® Peppermint** and **Wild Orange Lip Balm** with shea and mango butters can help restore moisture and elasticity to your lips.

Wear a hat. Go outside in style. Wearing a hat protects the most sensitive skin on your face, preventing early aging. Hats with wider brims are preferable as baseball caps leave your ears exposed.

Exfoliate regularly. To keep your skin smooth, use a loofah with the exfoliating **Citrus Bliss® Bath Bar** a few times a week.

Get into the habit of moisturizing. Regular moisturizing shields your skin from potential dryness and sun distress. Keeping your skin moisturized also keeps your complexion hydrated and prevents your skin from looking dull. The **Veràge™ Skin Care** system helps keep your skin hydrated during the hot summer days, while helping you achieve a smooth, resilient, glowing complexion.

Simplify your makeup. During the summer, less is definitely more. Stick to mascara, lip balm, concealer, and a bronzing blush to highlight the naturally beautiful qualities of your skin.

TIP:

Rub 2–4 drops of Peppermint into your scalp to experience an instant cooling sensation.



TIP:

Add a couple drops of Lavender essential oil to the **dōTERRA® Fragrance Free Hands and Body Lotion**. Apply on the body after spending time in the sun. You can add 1–2 drops of Peppermint to the lotion to cool off during a hot day.



Essential Oils for Healthy Skin

- Lavender—Soothing
- Roman Chamomile—Calming
- Peppermint—Cooling
- Melaleuca—Cleansing
- Helichrysum—Helps skin recover quickly
- Myrrh—Protects skin against aging
- Geranium—Rejuvenates the skin and reduces the appearance of wrinkles



Visit doterrablog.com for the **After-Sun Soothing Lotion** and **After-Sun Spray** DIY recipes.

Ever wonder about the journey of a drop of oil? Here is a behind the scenes look at how a tiny seed becomes a powerful essential oil.

1 FROM SELECTION AND HARVESTING

A. dōTERRA® carefully selects artisans whose expertise, location, and growing practices ensure the highest quality essential oil. Most of the artisans partnered with dōTERRA are family owned businesses where their expertise and knowledge is passed down from generation to generation.

In developing countries where crops for essential oils are available, dōTERRA Cō-Impact Sourcing™ initiatives empower local artisans to maintain high quality crops while empowering the growers to improve their own lives.

B. Specific plant species are then chosen for their distinct profile of aromatic compounds. Potency starts with the seed. To be safe and effective, especially for internal use, essential oils must have the proper chemical profile and be free of any impurities and adulterations.

C. To ensure the most powerful potency, the plant must be harvested in the right way at the right time. Depending on the essential oil, that could be the seed, stem, leaf, flower, root, or rind. In addition, the region in which the plant is grown has a major impact on its constitution, which in turn determines its potency.



The potency and quality of essential oils are determined by:

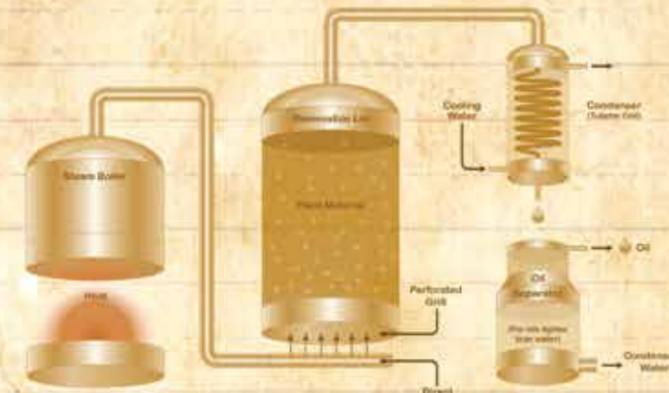
- Growing season
- Elevation
- Climate
- Moisture
- Soil
- Terrain
- pH factor

2 ...TO DISTILLATION...

There are various ways to distill an essential oil in order to get the best quality. Most oils undergo steam distillation, but citrus oils are cold pressed.

Steam Distillation

1. Steam is forced under pressure (this is a variable) through the plant material which causes the volatiles to be released
2. The volatiles re-condense
3. As the volatiles condense, the water and essential oil separate and the oil is collected



Cold Press Expression

1. Citrus fruits are placed in a cold press
2. The fruit is cleaned by rotating brushes
3. The fruit enters the oil collection portion of the machine where rasping cylinders abrade the rind
4. The essential oil is collected by water sprays
5. The water and oil mixture is filtered to remove solid particles
6. The water and oil mixture is then centrifuged to recover only the essential oil



3 ...ON TO TESTING

Our CPTG Certified Pure Therapeutic Grade® quality standard requires precise care and effort to protect what nature has created so beautifully. The rigorous testing to ensure purity and potency includes the following:

- Organoleptic Testing
- Microbial Testing
- Gas Chromatography and Mass Spectrometry Analysis
- Fourier Transform Infrared Spectroscopy
- Chirality Testing
- Isotopic Analysis
- Heavy Metal Testing
- Optical Rotation
- Specific Gravity
- Refractive Index

4 BOTTLING FACILITY

A second round of testing is carried out at our production facility after it has been received and placed into quarantine to ensure that what was distilled and tested is the same essential oil as was received. A third review of the chemistry of the oil is conducted in a three-phase procedure as the oils are bottled, labeled, and packaged.



5 TO YOUR HOME

And is then ready to be ordered and delivered to your home.



COCONUT LEMONGRASS RED LENTIL SOUP

Winner: Lisa Freignag, Michigan
Essential oil used: Lemongrass

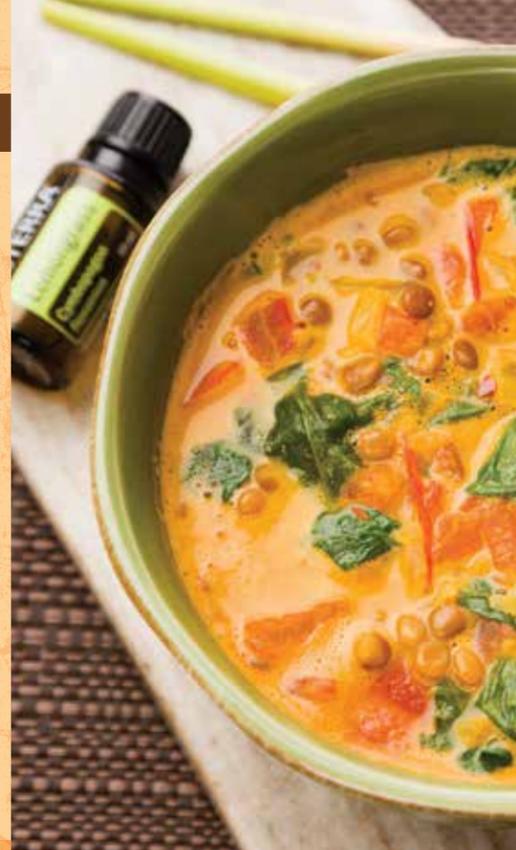
INGREDIENTS:

- 2 tablespoons coconut oil
- 2 large onions, peeled and chopped
- 4 cloves garlic finely chopped or pressed
- 1 tablespoons fresh ginger root, minced
- 1-2 drops Lemongrass essential oil
- 4 tablespoons tomato paste
- 4 carrots, peeled and chopped
- 4 tablespoons curry powder
- 1 teaspoon red pepper flakes
- 8 cups vegetable broth
- 2 cans coconut milk
- 4 cups fresh tomatoes, chopped
- 3 cups dried red lentils
- 4-6 handfuls baby spinach
- Salt and pepper to taste

Editor's tip: Add some brown sugar for a sweeter curry taste.

DIRECTIONS:

1. Heat coconut oil over medium heat; add onion, garlic, and fresh ginger. Cook until onion is translucent then add carrots and sauté 5-7 minutes.
2. Add tomato paste, curry powder, and red pepper flakes; cook for another 1-2 minutes stirring constantly until all vegetables are coated and flavors combined.
3. Add vegetable broth, coconut milk, diced tomatoes, and lentils. Cover and bring to a boil on medium high heat; reduce to simmer (low heat).
4. Add Lemongrass essential oil and cook for approx. 30 minutes until lentils are cooked through. Season with salt and pepper to taste.
5. Add spinach and stir until wilted.
6. Garnish with 1 tablespoon fresh chopped cilantro and 1 tablespoon sour cream.



GRILLED CORN

Winner: Heidi Anderson, New Mexico
"My family is addicted to this recipe! It has the perfect balance of heat, sweet, spice, and salt."

Essential oils used: Lime

INGREDIENTS FOR 8 EARS OF CORN:

- 8 ears of corn, grilled
- 4 tablespoons melted butter
- 1½ teaspoons lemon pepper
- 8 drops Lime essential oil

- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ½ teaspoon cayenne pepper
- ½ bunch cilantro
- Cotija cheese
- 1 lime

DIRECTIONS:

1. Mix all ingredients and brush over grilled corn.
2. Top with freshly chopped cilantro, Cotija cheese, and a squeeze of fresh lime.



SUMMER ESSENTIAL OIL RECIPE Challenge



BREAKFAST QUICHE

Winner: Casey Hansen, Utah
"This is a fun way to use left-over vegetables, meat, or cheese that you have taking up space in the fridge. Anything can be used for the quiche, and it is fun to experiment with different flavors and mixtures. It can be adapted to include as much or as little of anything you would like."

Essential oils used: Thyme and Rosemary

INGREDIENTS:

- 1 quiche crust, homemade or pre-made
- 1 small or medium zucchini, cut into ¼ inch rounds
- 1 small or medium yellow crookneck squash, cut into ¼ inch rounds
- 1 cup steamed broccoli florets
- 1 cup steamed cauliflower florets
- 1-2 tablespoons butter
- 2-ounces feta cheese
- 1-2 Roma tomatoes, cut into ¼ inch half moons
- 6 large eggs
- ½ pint whipping cream
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- ¼ to ½ teaspoon hot sauce
- 1-2 drops Thyme essential oil
- 1 drop Rosemary essential oil

Editor's note: You can add ¼-½ cup of onions and a clove of chopped garlic for more flavor.

DIRECTIONS:

1. Precook and prepare crust in a quiche/tart pan

Tip: A pie pan may also be used, adjusting cooking time accordingly.

2. Bake crust until golden brown and let cool completely.
3. Preheat oven to 350 degrees Fahrenheit

FILLING

4. Cut vegetables and cook for about 5 minutes.
5. In a medium skillet, melt butter and add all precooked vegetables, coat with butter, remove from heat, and let cool to room temperature.
6. Whisk together eggs, whipping cream, salt, pepper, hot sauce, and essential oils in bowl.
7. Add vegetable mixture to crust.
8. Top with crumbled feta cheese.
9. Pour egg mixture into quiche over buttered and cooled vegetables. Arrange tomato slices over top of quiche.
10. Bake at 350 degrees Fahrenheit for 40-70 minutes until egg mixture is golden in color and set in the middle.
Tip: You can check the middle by poking with a toothpick or knife; when it comes out clean it is set. Times will vary based on size, style of pan, and amount of ingredients used.
11. Transfer quiche to cooling rack for 15 minutes and enjoy.



CITRUS COCONUT SIDLES

Winner: Louisa Nickel, Illinois
Essential oil used: Lime

INGREDIENTS:

- 1 can full-fat coconut milk
- 1 cup orange juice
- ½ cup (or to taste) agave or sweetener of choice
- 1-2 drops Lime essential oil

DIRECTIONS:

1. Blend coconut milk, agave, and Lime.
2. Pour mixture into Popsicle mold, dividing evenly.
3. Place in freezer for 10 minutes, then top with orange juice.
4. Freeze again for 30 minutes.
5. Insert Popsicle sticks. Continue freezing until firm.

CARDAMOM MUSTARD CHICKEN WINGS

Winner: Nicola Say, Georgia
Essential oil used: Cardamom

SAUCE

- 4 tablespoons spicy mustard
- 2 tablespoons olive oil
- 2 tablespoons brown sugar
- 3-4 drops Cardamom essential oil
- ½ teaspoon salt
- ¼ teaspoon pepper

DIRECTIONS:

Mix all ingredients together until sugar dissolves and set aside.

WINGS

- 1 dozen wings
- Salt
- Pepper
- Olive oil to coat wings

DIRECTIONS:

1. Coat wings with oil and a little salt and pepper.
2. Bake wings at 350 degrees Fahrenheit for about an hour or until wings are crispy. Turn once halfway through cooking.
3. Pull the wings out and baste with sauce, coating evenly.



dōTERRA

A GUY'S GUIDE TO HIKING

Whether you're a day hiker or a serious backpacker, you can use essential oils to help you in your outdoor adventures. A day hike can make for a great time outdoors, as long as you're prepared.

Day Hike Essentials—tips for a safe and enjoyable outdoor adventure

1. Plan ahead: Check the weather forecast and decide which trail you want to do. This will help determine the difficulty and the duration of the hike.

2. Pack basic gear: Pack cleansing towelettes, a lighter, a rain poncho, a knife, a first aid kit, an extra pair of socks, a flashlight, and a hat.

3. Bring power food: Food is an essential part of your planning. Make sure you pack enough food to last your entire trip. Your body will use a lot of energy, and continually snacking throughout the hike is a good way to keep going.
Hiking food ideas: Nuts, beef jerky, protein bars, fresh fruit, and tuna with crackers. You can even make your own treats.

4. Check your water supply: Bring enough water with you to keep hydrated throughout your adventure. Water will most likely be a majority of the weight you carry, but it will get lighter as you go. A hydration system that carries water on your back, such as a Camelbak, is a popular, flexible way to take water along. It's a good idea to drink plenty of water before your hike to get your body well hydrated.

5. Wear appropriate shoes: Good footwear will make all the difference in the world. Regular tennis shoes will work on flat, well-groomed trails, but for more challenging hikes you'll need comfortable, waterproof hiking shoes or boots.

6. Get an early start: Give yourself a reasonable amount of time to achieve your hiking goal. For a longer and more difficult hike, it's always a good idea to have an early start so you don't end up stuck on the mountain when the sun goes down.

7. Use navigation: Use your map or a mobile app to become familiar with the trail. Your phone's GPS system can come in handy if you have service. But to be safe, learn how to read a map and use a compass—you may need these skills if you get lost.

8. Stay on the trail: During your next adventure, you may want to explore the unknown and use a "shortcut." Don't let your curiosity get the best of you. For your own safety, and out of respect for the environment, stay on the marked trail.

9. Know when to turn around: Listen to your body and pay attention to your surroundings. If you need to, you can always turn around and finish your hike another day.

10. Use essential oils and products:

Deep Blue® Rub—Massage calves, knees, or any other sore muscles or joints.

Deep Blue Polyphenol Complex™—Your joints will thank you later.

TerraShield®—Apply to exposed skin before and during your hike to keep the bugs off.

Peppermint—Rub a couple of drops on your temples, sinuses, and the back of your neck to keep you cool and refreshed.

Correct-X®—Apply to affected areas to help soothe and repair skin.

Mito2Max®—Take to boost and maintain energy during your hike.

DigestZen®—Plan for the unexpected. Your digestive system sometimes has a mind of its own.

TriEase®—Good to have on hand for those who may be sensitive to nature.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

IDEA Notebook

CITRUS ZEST ALTERNATIVE (TIME SAVER TIP)
Use citrus oils in place of citrus zest or juice in recipes. Sometimes you don't have a lemon or lime on hand to make a delicious summer dessert, so this is a quick, healthy, yummy alternative.
-Kerry Schroeder, Canada

MOVIE NIGHT GARLIC-HERB POPCORN (SNACK TIP)
• 4 tablespoons butter
• 4 garlic cloves grated
• Fresh dill weed
• 1 drop Rosemary essential oil
• 1 drop Thyme essential oil
• 16 cups popcorn
• 2 teaspoons kosher salt
Instructions
1. Melt butter in a saucepan; add grated garlic cloves, finely chopped fresh dill, Rosemary, and Thyme essential oil; cook one minute.
2. Drizzle over hot popcorn and toss with salt.

SUN IN HER HAIR SPRAY (HAIR TIP)
"I worship the sun and now that spring has sprung I have been eager to sacrifice my hair to the warm daylight. Here is a great tip to aid you in capturing the sun in your hair!" -Madison Rosenberger, South Carolina
What you'll need:
• 20 drops Roman Chamomile essential oil
• 20 drops Lemon essential oil
• 4-ounce glass spray bottle
• Water
Directions:
1. Fill your bottle with water and essential oils
2. Spritz on your hair before you skip off to the beach or pool. You will have "Sun in Your Hair" before you know it!

EASY PAINT CLEAN-UP TIP
For oil-based paint: Soak your paint brush in a jar with dōTERRA® Fractionated Coconut Oil and several drops of Lemon essential oil.
For water-based paint: Soak your paint brushes in a warm water mixed with Lemon essential oil. You can also remove paint stains from your skin by rubbing with a few drops of Lemon on a cotton ball or a rag.

COOLING SPRAY
Add several drops of Peppermint oil to a small glass spray bottle and fill with cool water. Shake well and spritz on bare skin for a quick, refreshing cool down.
- Eunice Pond, California

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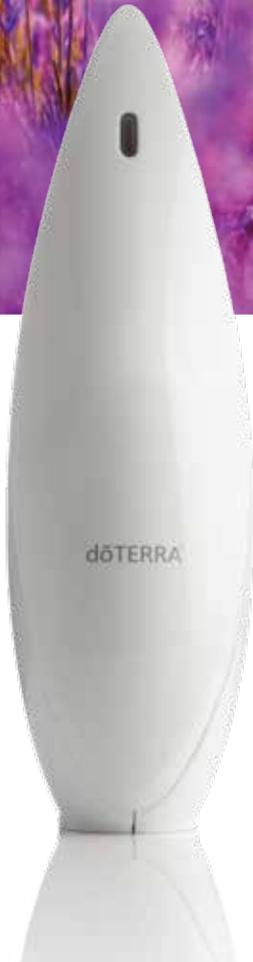
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