

LIVING

WINTER 2019

Behind the Bottle:
Golden-Palmed Growers

PAGE 4

CARING FOR A
Farmyard Family

PAGE 14

HYGGE: Tips for
Cozy, Contented Living

PAGE 16

A Man's Guide
to Stress Mechanics

PAGE 25

IN THIS ISSUE



22

departments

4 BEHIND THE BOTTLE
Golden-Palmed Growers

8 SCIENCE
CBD vs. Copaiba

10 HEALTH & FITNESS
Slim & Sassy® Competition Winners

12 KIDS
Be a Breakfast Superhero

14 ANIMALS & OILS
Caring for a Farmyard Family

16 HOME
Hygge: Tips for Cozy, Contented Living

22 BEAUTY
Beauty Blunders

25 MEN
A Man's Guide to Stress Mechanics

28 PERFORMANCE ADVOCATE
Irena Michalcik

30 DHHF
Wellness Advocate Partner Projects

34 DIFFUSER BLENDS
Winter



4



30



16

When stress hits hard,
how do you **adapt**?



Watch real stories about simple,
effective tools for stress management.

www.doterra.com/US/en/adaptiv-oil



Golden-Palmed Growers:

“Utopia lies at the horizon.
When I draw nearer by two steps,
it retreats two steps.
If I proceed ten steps forward,
it swiftly slips ten steps ahead.
No matter how far I go,
I can never reach it. What, then,
is the purpose of utopia?
It is to cause us to advance.”

—Eduardo Galeano





A SOURCING STORY

Nestled along a river in the lowland plains of Nepal is the small agrarian community of Sangrampur. Splaying out from the river are vast grids of dusty turmeric fields. Here, many local farmers grow and prepare the golden spice for market. They are indelibly marked by the sign of their trade—amber-stained hands.

Fallow dreams and difficult years

Unlike turmeric farmers in other regions of the world, growers in Sangrampur must invest untold hours in preparing their crop for sale. Current market demands require that farmers not only grow and harvest turmeric roots, but also scrub, boil, and process the deeply pigmented tubers—all before they get a chance to sell. Even in the wake of a successful harvest, these small-scale growers ride frequent waves of market instability; all too often, they receive significantly less for their labor-intensive turmeric than it is worth.

Ramekwal Saha is one of these golden-palmed farmers struggling to climb above economic stresses in Sangrampur. He and his wife long dreamed that their farming venture would bring enough financial security to send their children to school.

Bolstered by his vision, Ramekwal sowed his first crop of turmeric in a small stony parcel on loan from his neighbor, and over the course of many backbreaking seasons, his average yield grew to over one ton of turmeric tubers. Unfortunately, with the oppressive state of the spice market, even this relative success was not near enough to send Ramekwal's eight children to school. The Saha family was caught in an impossible trade climate.

No longer alone

Like so many other small farmers in his region, Ramekwal needed an allied force to turn the tide. Such a friend came in the form of a dōTERRA Co-Impact Sourcing® partnership. When dōTERRA offered a fair alternative to the current demoralizing system, Ramekwal was willing to link arms in good faith.



Glimmers of new gold

dōTERRA's sourcing experts recognized the challenges Ramekwal and his fellow growers faced and designed their relationship to alleviate the stresses of their trade. As a dōTERRA sourcing partner, Ramekwal is no longer responsible for the pre-sale cleaning, boiling, and drying. Instead, pre-distillation preparation is outsourced to local women, giving them unprecedented access to fair wage employment. With more time and manpower, Ramekwal can now focus efforts on production expansion. With dōTERRA as a guaranteed buyer, the market uncertainty and instability Ramekwal faced each season are foes of the past. Now, Ramekwal receives competitive compensation for his turmeric, and always on time. His income has increased by 25 percent and his seasonal yield has swelled from just over one ton to

forty tons of turmeric. With these new conditions working in his favor, Ramekwal can afford to invest in a future previously unimaginable. He can continue to expand his turmeric production with confidence that when he yields a high-quality crop, an ethical sales opportunity—a trusted partner—will be there.

Reaping other fruits

Explosive production and climbing profits have certainly changed the landscape of the Saha family's future, but nothing is sweeter to Ramekwal and his wife than the enrollment of all eight of their children in school. For this dedicated father, turmeric farming has always been about sowing seeds of hope for his children's futures. It is a gift extended with sun-leathered, yellow-stained hands.





Copaiba vs. CBD Oil

A Discussion with Dr. Hill and Dr. Osguthorpe

Have you heard the buzz about CBD oil? Cannabidiol, known as CBD oil, is a natural cannabinoid, which means it activates the receptors in your endocannabinoid (EC) system. The EC system helps the body manage physiological responses to different forms of stress.

In this recent interview, Dr. Hill and Dr. Osguthorpe discuss how CBD works and compare it to dōTERRA's Copaiba.



Dr. Osguthorpe: CBD is flooding the marketplace in every product imaginable, from mascara to doggy treats. The trouble is when people take CBD to help them with health problems, they require really high doses—so high, in fact, that the price point becomes unaffordable for most people.

Dr. Hill: On top of that, we are seeing a lot of inconsistencies in the amount of CBD that's available in some of these products. Is there purity in these products?



Dr. O.: The trouble with CBD is that the hemp industry, where CBD comes from, is not well regulated. Products are not checked for purity, so the amount of CBD within those products can be highly variable. Because of the dissonance between the federal and state statutes around CBD, it's not a good time for us as a company to enter that arena.

Dr. Hill: We're not saying that CBD has no value—it just requires a lot to be potent and pure. Let's explain the endocannabinoid system, which CBD affects, for everyone to understand.

Dr. O.: The endocannabinoid system controls a host of things in our bodies—eat, sleep, forget, relax—through receptors called endocannabinoids. Plants make chemicals that interact with our body's receptors called phytocannabinoids. CBD is one those plant phytocannabinoids, and beta caryophyllene is another. You regulate the endocannabinoid system either up or down with how you bind to those receptors: beta caryophyllene is a direct binder to the system, and CBD is an indirect binder. Copaiba has substantial amounts of the phytocannabinoid beta caryophyllene. The potency you can obtain through a purified product like Copaiba with beta caryophyllene is quite high because it's a direct binder to the body's receptors.

Binding at the receptor level is really important, but what matters is how you change cellular functions like DNA proteins and enzymes. CBD affects your endocannabinoid system, but it actually affects it indirectly and by a different mechanism than most cannabinoids. CBD acts on an enzyme called Fatty Acid Amide Hydrolase (FAAH). FAAH breaks down anandamide, an endocannabinoid that activates the CB1 receptors and produces a euphoric feeling. CBD slows down FAAH's activity, which leads

to increased levels of anandamide, or too much euphoria, in the body.

Dr. Hill: Copaiba is more diverse; it's not just a phytocannabinoid or beta caryophyllene. There are many molecules within the essential oils with plant chemistry that we know has other benefits than on just the EC system. Unlike CBD, Copaiba has other benefits outside of the endocannabinoid system.

We're confident we have potency and purity in Copaiba. We have looked at the research to know that very small dosage amounts can still create the benefits and effects we're looking for. Sometimes a bottle of CBD sells for hundreds of dollars, and the amount that I would have to consume is exponentially higher than consuming something like Copaiba that has a higher chemical makeup. From Copaiba I get greater benefit, greater efficacy, and a much higher value.

Dr. O.: The foundation of what dōTERRA does is price, purity, potency, and pathway. Based on these four Ps, I think Copaiba will define itself in the marketplace quite nicely over time.

Benefits of Using Copaiba Internally

- Liver and antioxidant support
- Cardiovascular health
- Sustain proper immune response
- Digestive support
- Support proper nervous system function

Based on experimental research

2019 Slim & Sassy® Lifestyle Competition Grand Prize Winner

JOHN SOMMERS

Forty-three-year-old John Sommers struggled with fluctuating weight for much of his adult life. He tried several diet and exercise plans that usually helped him get into shape—until the enticements of diet soda and fried foods overcame John's best intentions. John's weight steadily climbed until he hit 270 pounds and he felt the full burden—physical and emotional—of his excess body fat.

"My biggest challenge in living a healthy lifestyle is that I'm always battling cravings for double cheeseburgers, burritos, French fries, pizza, and diet soda," John shares. "I probably drank over 80 ounces of diet soda every day. I must be addicted to those foods because every time I gave them up for another stab at a healthy lifestyle, I obsessively craved them. I knew they weren't good for me at all, but I still kept going back for more." On top of that, John's body was especially affected by obesity because of another health issue. "I knew I needed to change the way I ate to manage my inflammatory response. I needed to change for me, for my wife, and for my four kids."

Change came in the form of a little healthy competition. "I like to win things," John admits. "So I thought the Slim & Sassy Challenge was the perfect opportunity to motivate me to eat a clean diet and break both the habits and mindsets of food addiction that I have carried with me for years. I hoped to adopt a sustainable approach to health that I could continue for the rest of my life." A new lifestyle was born as John took dōTERRA Lifelong Vitality Pack® and Slim & Sassy Metabolic Blend every day. He fought the fried foods by eating whole grains, vegetables, and unprocessed proteins. Instead of reaching for diet soda, John hydrated daily with water infused with Frankincense and Turmeric essential oils. He walked and hiked, enjoying the beautiful outdoors.

The day-to-day of making a long-term change wasn't easy. Major life events and vacations would start to derail John from his goals. Luckily, he wasn't alone on this journey. "My amazing wife was my accountability partner who got me through the tough times," John says.



"Another key to my success was incorporating the oils and vitamins consistently in my daily routines. I have used the oils and vitamins a lot over the last few years, but never as consistently as I did over the last few months during this challenge. I'm so grateful for this challenge because the focus it gave me helped develop the habits I need for great health."—John Sommers

"She helped prepare food and encouraged me even when I was stubborn or ready to quit. I'm so grateful that I had her along the way." Gradually John gained ground and saw improvement in his lifestyle and outlook.

"The changes have been miraculous. First, my other health issue has improved significantly. Second, I can comfortably bend over and tie my shoes. I feel more confident, and my clothes are falling off me." A hike John struggled to complete a few months ago is now a scenic delight. "I surpassed my goals despite all the challenges we faced over the last couple months. I lost over 36 pounds* and developed sustainable habits to help me get to my ultimate goal weight," says John.

Best of all, John says, is watching his kids fight and win their own battles. "Now my kids want to improve their eating habits to care for their bodies and minds. We haven't preached to them about it—we're just living it ourselves. Just witnessing my transformation has had a major impact on them."

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



Wake Up Your Water
John's recipe for metabolism-boosting water is anything but boring:

- ♦ 2 drops Green Mandarin
 - ♦ 2 drops Turmeric
 - ♦ 2 drops Frankincense
 - ♦ 2 drops Slim & Sassy®
-

Be a Breakfast SUPERHERO

Empower your kids in the kitchen with these simple, nutrition-packed recipes.

With a little help and encouragement, your kids can easily whip up delicious, nutritious breakfasts for the whole family. Our kid-tested recipes deliver on taste while sneaking in essential oils for an added health boost. Below are QR codes for video tutorial versions of the recipes. Scan the codes to pull up the videos, supervise as needed, and watch your child become the new hero of your morning routine.



Fresh and Easy

Wild Orange Yogurt Parfait

Ingredients

- 1 cup plain Greek yogurt
- 1 cup strawberries or your fruit of choice
- ½ cup granola
- 1-2 drops Wild Orange Oil

Instructions

1. Stir 1-2 drops of Wild Orange oil into yogurt
2. Add yogurt, fruit, and granola in alternating layers to a cup or jar.
3. Enjoy!



Hot and Hearty

dōTERRA On Guard® Pancakes

Ingredients

- 2 ripe bananas
- 1 cup oatmeal
- 1 cup flour
- ¼ cup brown sugar (optional)
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup plain Greek yogurt
- ¾ cup milk of choice
- 2 eggs
- 1 teaspoon vanilla
- ¼ cup oil of your choice
- ½ cup chopped walnuts (optional)
- 1 drop Cinnamon Bark oil
- 2–4 drops of dōTERRA On Guard® Protective Blend

Instructions

1. Mash bananas in a medium mixing bowl. Mix in yogurt, eggs, milk, oil, vanilla, and the dōTERRA On Guard oil.
2. In a large mixing bowl, add oatmeal, flour, brown sugar, baking powder, salt, walnuts, and Cinnamon Bark oil. Mix well.
3. Add banana mixture to dry ingredients and mix.
4. Cook on medium high heat as you would regular pancakes.
5. Serve with fresh bananas, butter, or maple syrup and enjoy!



Pre-Prepared

Overnight Oats

Ingredients:

- ½ cup plain old-fashioned oats
- ½ cup milk of choice
- 1 tablespoon chia seeds (optional)
- ½ cup Greek or vegan yogurt
- 1 teaspoon vanilla extract
- 2 teaspoon maple syrup
- 1 drop Cinnamon Bark oil

Instructions:

1. In a jar, cup, or small bowl, combine old-fashioned oats and chia seeds. While the chia seeds are optional, they are packed with tons of nutrition, and they help give the oats a pudding-like texture.
2. Add the milk, yogurt, and vanilla extract.
3. Mix in sweetener of choice and the Cinnamon Bark oil.
4. Stir the overnight oats together until you see no clumps.
5. Seal or cover with a lid, and chill in the fridge.
6. In the morning, top with any dried or fresh fruit, chopped nuts, or nut butters for a delicious, nutrient-packed meal on the go!



Caring for a Farmyard Family

Insights from the Homestead of Jill Winger

The Winger homestead floats like a strange island in an oceanic prairie. Far from any urban center, Jill and Christian's 67-acre farm is brimming with animal life—dairy and beef cows, goats, chickens, turkeys, dogs, and cats. It is an oasis of natural, simple living.

Evidence of this can be seen (and smelled) everywhere. Here the farmyard aromas are curiously laced with perfumed notes of Lavender, Frankincense, and sweet Fennel. Essential oils are the backbone of care for the Winger's animals because they've experienced

firsthand the power and potency of nature-made solutions.

"When you have as many animals as we do, health challenges crop up all the time. It's important to me to have several natural options available to meet those challenges," Jill says. "A decade ago, I started examining what my family was eating and putting on our skin. Armed with the information we were discovering, we started looking at how we could treat our animals better. Essential oils were the clear answer."



A visit to the Winger homestead paints a very clear picture of how inseparably connected Jill and her family are with the lives they steward. The following vignettes illustrate how oils forge a powerful bond between farmer and animal and help the Wingers provide the highest-quality care to their furred and feathered family members.

Dogs

Jill supports her dogs with oils nearly every day. It's common for her to spray TerraShield® into her hands and then stroke her dogs' fur; she uses the same technique when applying DigestZen® to their fur and paws. One of her dogs is distressed by loud noises; during thunderstorms or Fourth of July fireworks, Jill keeps the Lavender nearby for calming support.

Cows

"I didn't even think about using oils on cattle at first," Jill admits. "But one day I walked into the barn with freshly applied oils on my hands. My dairy cow was drawn to me—smelling, licking my hands, and clearly loving the oils. So, I started

experimenting." To combat flies, Jill sprays diluted oils onto the cowhides. Her homemade udder balm is a barn-wide favorite. "It's super nourishing, rich, and soothing."

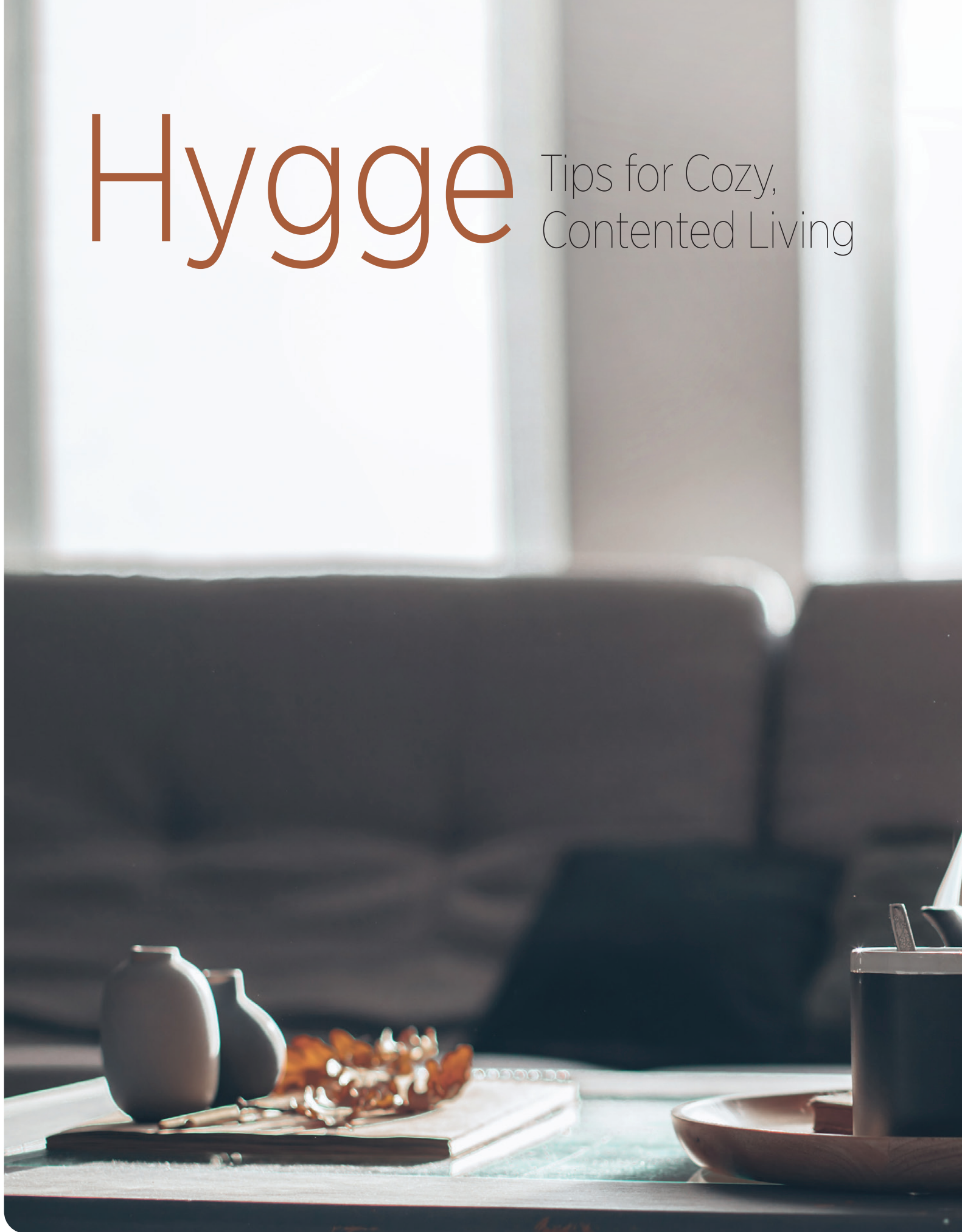
Horses

Throughout the summer, Jill does ranch horse shows with her mare, Kate. For each trip, Jill packs a big bag of oils in her trailer. "I cannot imagine going to a horse show without them," she says. "I put InTune® and dōTERRA Balance® on my hands and rub them into Kate's mane. Instantly she becomes a giant walking diffuser. The oils help both of us perform at our best."



Hygge

Tips for Cozy,
Contented Living



Perhaps you've heard that strange word *hygge* (hoo-guh). Explaining exactly what it means is tricky, since there's no direct translation for the Danish word. But, really, it's more of a feeling anyway.

Hygge is about the creation of a warm, cozy living environment. It's about connection, mindfulness, and pleasure in the simple things.

The underlying sentiment is of creating intimacy, connecting with those you love, and finding pleasure in the small things. It's about mindfulness and being in the moment. Now, there are many ways to adopt and embrace this Danish way of living—which is said to be the happiest

on earth—and to think about it as more than just a trend. Simple changes in your lifestyle like unplugging, making homemade soup each week, and taking time to write a letter all invite in hygge.

But hygge isn't just to be embraced in winter months. You can take a few notes from the Danish and make your home more cozy and inviting, year-round. Here are 10 ways to bring a little hygge into your home.

The elements of hygge include woolly socks, candles and a mug of hot cocoa .



SET THE HOUSE AGLOW

Ask a Dane what she most associates with hygge, and chances are the answer will be candles. The glow of candles transforms the atmosphere of your home, casting a warm light on the space and the memories made there.

Add ambiance to the kitchen. A few twinkling tea lights on your kitchen counter will add a special something to your long holiday baking sessions.

Light the little spaces. Be it a ledge of a bathtub or the dusty corner of a desk, the nooks and crannies of our lives could do with a little illumination. Placing candles in small spaces is both homey and beautiful.

Scent your spaces with candles. In the true spirit of hygge, swap out the diffuser for homemade essential oil-infused candles.



Try this simple candle recipe for a natural, nontoxic glow. Soy candles don't give off soot like paraffin candles and last longer than candles made from animal products.

Essential Oil-Infused Soy Candles



SUPPLIES:

- 2 cups soy wax flakes for container candles (available at your local craft supply store)
- glass bowl
- saucepan
- wooden spoon
- candy thermometer
- doTERRA® essential oils of your choice
- wick sized to fit container
- glass jar or other container
- clothespin
- scissors

INSTRUCTIONS:

1. Melt soy wax flakes in a glass bowl over a pan of simmering water. Stir occasionally until wax is liquid and pourable. (You can also heat the wax in the microwave, at one-minute intervals until melted.)
2. Allow the liquid wax to cool to 120 degrees, then add 5-10 drops of your favorite essential oils.
3. Next, spoon a small amount of wax onto the center of the bottom of the container. Dangle the wick into the container until it touches the wax, making sure you have enough wick at the top to hang over the end of the container. Hold the wick in place until the wax hardens, then pinch the top end of the wick with a clothespin and set the pin across the top of the container, keeping the wick centered and upright.
4. Stir the wax so that it is smooth and then slowly pour it into the container. Leave some room at the top.
5. Let the wax harden overnight. The next day, trim the wick, and your soy candle is complete.



GATHER ROUND THE TABLE

The family table is maybe the true hearth of every home. Here loved ones circle together face to face, shoulder to shoulder, to break bread and share precious time. Consider the look and feel of your dining space and play with these suggestions for making mealtimes magical.

Set the stage. Even the simplest of linens can transform a tablescape. Try laying down a tablecloth or decorative runner at dinner. Perhaps most importantly, swap out overhead lighting for tea lights and candles on the table.

Make a place for everyone. Instead of a self-serve buffet, make dinner a sit down affair with individual table settings. This small act creates a sense of belonging for each family member and encourages a slower pace

Use food as your centerpiece. No need to fuss over shiny, sparkly decorations. Why not fill the center of your table with the visual bounty of the food you're about to eat. Your homemade dinners need not be Instagram-worthy to be beautiful.

Linger. So often we rush mealtime, but simple choices, like the ones listed above can result in a slower paced experience for which your family will want to stay.



BE MINDFUL

Hand-write a note or letter. This endangered art form puts us in touch with pen, paper, and our feelings.

Make something from scratch. Slowing down in the kitchen can be a simple way to have a tactile, mindful experience, alone or with family. The key is to enjoy the processes—not stress over a final product.

Gather nature to bring indoors. This Scandinavian practice is hygge at its best. Gather a few pinecones or pine boughs to add natural texture and color into your home. These thoughtfully harvested elements will ground you in what can be a chaotic season.

Unplug. When possible, separate yourself from devices. Your full presence with your family will have more influence than any other hygge practice.

Beauty Blunders

HIDING IN YOUR SKIN CARE ROUTINE

As you expand your dōTERRA essential oil collection, organizing and admiring your precious oil bottles can be one of the most relaxing and therapeutic activities. It's empowering to realize what each essential oil you own can do for you and your family. How many of you have purchased a kit, and ended up only using a couple of oils not knowing what to do with the rest? This is a good time for you to challenge yourself to explore the benefits of those dust-covered oil bottles. Here are a few tips to get you started with organizing your essential oils in a way that's both useful and beautiful, but most importantly that works best for you.

WASHING YOUR FACE WITH BAR SOAP

Accessible and affordable, bar soap has been a skin routine staple for decades. However, bar soap is not formulated for the delicate skin on your face; its oil-stripping properties may give an instant clean feeling, yet over time bar soaps deplete hydration levels and the balancing oils your facial tissue needs to stay smooth and elastic.

*Rather than using body soap to wash your face, choose a facial cleanser that complements your skin type and is formulated to your unique needs. The dōTERRA skincare lines—**Essential Skin Care**, **Veráge**®, and **HD Clear**®—are tailored to specific skin concerns and rely on gentle oils to cleanse and revitalize.*

OVER-CLEANSING YOUR FACE

You might not have thought it possible, but you can actually wash your face too much. Doing so can strip your skin of natural oils that keep your skin balanced and protected. Don't worry about washing every morning and evening, unless there are things on your face that need to be washed off, like makeup or sunscreen. Common symptoms of over-washing are dry, tight-feeling skin. Alternatively, if you over-cleanse, you may inadvertently train your face to produce excess oil.

*Use a gentle, oil-based cleanser that replenishes moisture and try washing your face at night before bed. You can also incorporate cleansing essential oils into your skin care regimen such as **Grapefruit**, **Tea Tree**, **Eucalyptus**, and **Geranium**.*



BULLYING BLEMISHES

We've all been told not to pop pimples. Scratching at an emerging spot can feel satisfying at the time, but picking at skin imperfections increases the likelihood of scarring and discoloration. Another acne pitfall is treating blemishes with harsh, drying astringents and spot treatments. Like picking, this aggressive approach can further irritate and inflame spots.

*Rather than squeezing or drying out the area, apply an essential oil like **Tea Tree**, **Lavender**, or **Immortelle**® to the area and leave it alone. These gentle oils will cleanse, soothe, and expedite healing.*

USING DIRTY MAKEUP BRUSHES

Cleaning makeup brushes is a chore worth doing more frequently when you consider the effect it can have on your skin hygiene. In a week's time, your brushes collect dirt, oil, and old makeup. These are reapplied to your clean skin every time you apply makeup with dirty brushes.

*If you experience frequent breakouts, try cleaning your brushes once a week and see if this simple hygienic habit makes a difference. Use warm water and cleansing oils such as **Lemon** or **Tea Tree** to clean and condition your makeup tools and keep your skin free of oily buildup.*



Beauty isn't skin deep.

**Your
skincare
shouldn't
be either.**



*Discover the
cellular science
behind this
age-defying trio.*



www.doterra.com/US/en/p/yarrow-pom-collection

A MAN'S GUIDE TO STRESS MECHANICS

The word “stress” carries serious emotional baggage. It conjures up images of looming deadlines, long to-do lists, and emotional turbulence. However, stress serves a legitimate biological purpose; our hunter-gatherer ancestors relied on stress systems to gear up for the fight or flight of survival. When threatened, primitive man’s adrenal system pumped out the hormones necessary to save his hide.

Sure, survival in today’s world is a different story. The modern man experiences more psychological stress than physical danger; however, our bodies don’t know the difference. Under emotional stress our bodies release the same hormones that compel us to run for our lives, while our brains fight to keep us grounded and rational. Understanding how surging stress hormones influence male perceptions and responses to life’s challenges may be the key to better emotional health.

**FIRST, UNDERSTAND
THAT MEN HAVE A
UNIQUE HORMONAL
RESPONSE TO STRESS.**

The three stress hormones responsible for the fight or flight response are cortisol, epinephrine (also known as adrenaline), and oxytocin. Cortisol and epinephrine raise blood pressure and heighten the senses. Oxytocin softens the effects of cortisol and epinephrine by relaxing the emotions.

While all humans experience fight or flight syndrome, men release less oxytocin than women, and therefore have a stronger reaction from both cortisol and epinephrine. This means that under stress, men are hard-wired to rev up and stay that way until hormonal spikes return to normal levels.

**CONSEQUENTLY, MEN
ARE PROGRAMMED TO
SOLVE PROBLEMS
BEFORE PROCESSING
THEIR EMOTIONS.**

Men tend to compartmentalize and repress their feelings, prioritizing instead the quickest route to resolution or safety. This biological fact can shed light on both the healthy and unhealthy coping strategies men deploy when under stress.

On the healthy spectrum of this response, men will channel stress into strategic, competitive productivity. However, the flip side of this response is escapism. When stress levels rise, men will just as often lose themselves in competitive diversions that burn off the excess cortisol and epinephrine.

**WORK WITH YOUR
STRESS HORMONES. NOT
AGAINST THEM.**

Now that you understand how our bodies respond to stress hormones, you can evaluate how well you cooperate with your adrenal system. Do you harness the spikes in efficiency to tackle your triple-digit inbox, or chip away at the home improvement to-do list? Perhaps you carve out time for more physical activity or hobbies? Could your coping mechanisms be avoidance behaviors that distract you temporarily, but perpetuate stress in the end? Answering these questions will empower you to choose healthy responses to life’s difficulties.



**ULTIMATELY, STRESS
ITSELF IS NOT
DESTRUCTIVE, BUT THE WAY
WE DEAL WITH IT CAN BE.**

Stress debilitates when it disconnects us from those we love, chronically distracts us from our responsibilities, or interferes with our self-care. Alternatively, our natural stress responses can produce some remarkably productive behaviors in challenging situations. The trick is to choose how we respond, rather than being controlled by impulses.

**WITH A CLEAR PICTURE OF YOUR BODY'S
STRESS RESPONSES, YOU'LL DISCOVER HOW TO
NATURALLY RESTORE EMOTIONAL BALANCE.**



CHOOSE HEALTHY RESPONSES TO STRESS



**Channel stress
energy spikes into
physical activity**



**Aim for productivity
over avoidance
behaviors**



**Get adequate sleep
and eat whole foods
to assist in hormone
regulation**



**Post-stress, take
time to process your
emotions either in
writing or with a
loved one**



**Integrate dōTERRA®
Adaptiv™ Calming
Blend and Capsules
into your self-care
routine**

Irena Michalcik

Q: How did you first become involved in competitive sports/the Spartan Races?

A: I'm more of a late bloomer when it comes to competitive fitness; I didn't get into Spartan Races until my early 30's. It was after a divorce in 2012 that I decided to push myself in new ways. I had never considered competing in the Spartan Races, but it caught my attention because it looked so challenging. I signed up for my first race in 2014, and after running a few races for fun, I decided to train more seriously and run obstacle course races competitively the following year.

Q: What challenges did you face in the process of becoming a professional athlete?

A: I was born with hip dysplasia; my doctor directed that I stay far away from sports, as my limited hip mobility would force my body to overcompensate during rigorous activity, thus causing unnecessary wear and tear on my body. That reality has definitely been the most significant challenge. It affects my running mechanics and it took me a while to figure out how to work around it. Luckily, I found a coach that has been able to program my training in a way that doesn't over-tax my joints. Also, having a full time job and learning how to juggle training, nutrition, and my career as a teacher was a challenge at first, but with the right mindset and priorities, I figured out a routine that has worked well for me.

Q: Do you have a routine to get ready for a competition? What is it?

A: I am definitely a creature of habit; sticking to my routine before races brings peace of mind and helps calm my nerves. I make sure I get enough sleep, taper my training, and up my recovery the week of my race. On race days, I wash down my LLV and a few other dōTERRA supplements with a protein shake. Right before I start warming up, I rub dōTERRA Breathe® on my chest and inhale deeply. I also take dōTERRA Mito2Max®.

Q: What have you learned about leveraging failure to achieve success? Do you have a story or experience surrounding this?

A: Failure is part of any process, including becoming an athlete. One of my high school teachers always said, "Try to find the positives in every situation. Acknowledge the bad—honor it if you have to. But then move on, taking away the positives." It took time and experience for me to learn how to live this way, but now I automatically focus on the lessons I learn from my failures. For example, if I have a bad race and don't perform as well as I had hoped, I turn that experience into fuel to train more effectively for my next race.

Q: Where do you draw your inspiration?

A: I draw inspiration from the miracles of everyday life. In the morning I wake up, get myself out of bed, feed and dress myself, then go out and do what I love. These blessings are easily taken for granted, but not everyone can do these things in an abled-body. Life is too short and I want to enjoy it. Being healthy and in good enough shape to do whatever I want whenever I want is the inspiration I need to keep moving forward.

Q: What advice would you give to someone who aspires to be an athlete—despite challenges or physical limitations?

A: Just because you can't do something the same way others can, doesn't mean you can't do it at all. Surround yourself with people who support you and will be there for you no matter what. Learn to listen to your body so you know when to push harder and when to rest. I have physical limitations due to my hip dysplasia, and thanks to my coach, I've learned how to work around it so I can still be active and do the things I love.

Q: How do you want to be remembered?

A: I want to be known for inspiring others to follow their dreams, take risks, and live their lives to the fullest.

Inside Irena's Travel Bag

• **Athlete's Kit** I use these oils on a daily basis! **Tea Tree** is my go-to for minor cuts and scrapes and **dōTERRA Breathe®** helps me prepare for races.

• **dōTERRA Salon Essentials® Protecting Shampoo and Smoothing Conditioner:** My hair looks and feels healthier and stronger than ever. I love it so much, I never travel without this duo.

• **HD Clear® Facial Kit:** All the training and sweating I put my body and skin through can be harsh and result in unhappy skin. Despite the stresses my skin faces from traveling, training, sun exposure, and hormones, my skin has never been happier.

• **dōTERRA Life Long Vitality Pack®:** My energy levels are more consistent when I take these supplements. I also feel like they boost my immune system; I don't get all the crud everybody around me gets in the fall and winter.



Age: 38

Hometown: Strani, Czech Republic

Current Home: Amityville, NY

Personal Motto: What doesn't
kill you makes you stronger.

Wellness Advocate Partner Projects

The mission of the dōTERRA Healing Hands Foundation® is to provide every family, individual, and community in the world with health and prosperity. We've partnered with dedicated Wellness Advocates who sponsor humanitarian projects across the globe. Below are stories of those impacted by these efforts.

MamaBaby Kits

At age 17 Gangamaya Gole married, making her ineligible to continue in school. Two years later, she found herself pregnant and alone. As a young girl living in southern Nepal, Gangamaya had slim chances of acquiring any income-generating skills; each day as her body and her baby grew, she feared she would have no way to support herself and the child on her own.

As her delivery approached, it dawned on Gangamaya that she didn't even have

the basic necessities to care for her newborn. Fortunately, the hospital where Gangamaya gave birth had recently been renovated in partnership with the dōTERRA Healing Hands Foundation. With a new heating system and updated birthing rooms, Gangamaya had a safe, comfortable delivery.

New mother Gangamaya and her sleeping babe were soon gifted a MamaBaby Kit, also donated by dōTERRA Healing Hands Foundation. Overjoyed, she opened the kit to





find all of the essentials she was hoping to give her baby—clothes, oil, and soap—all packaged in a backpack that she could use as a diaper bag.

With a little extra help from dōTERRA Healing Hands Foundation, Gangamaya and her baby have a new start and hope for a better life. The dōTERRA Healing Hands Foundation thanks the Wellness Advocates that offered their time to help assemble 1,200 more of these MamaBaby Kits this year at convention.

Distribution of these kits has been possible through:

- Haiti Health Initiative
- MamaBaby Haiti
- CHOICE Humanitarian
- Global Immersion Project
- Baby2Baby

9,200 Wellness Advocates made this project possible

1,200 kits were assembled

8,000 articles of baby clothing were hand-decorated

5+ countries will receive these kits: Nepal, Kenya, Guatemala, Haiti, US/Mexico Border

1,454 service hours donated

1,200 hand-tied baby blankets



Faith In Deeds

Laurie Groff has been supporting orphaned and abandoned children in India for many years. She was first introduced to Faith in Deeds when her cousin married founder Thomas Mollhagen.

Thomas grew up in the slums of India before being sent to an orphanage and finally adopted by a family in Michigan. During a trip back to India to locate his birth family, Thomas recognized the great need in India to support orphaned children, and Laura quickly got onboard.

Laurie felt a strong desire to assist in the valuable work Faith in Deeds was doing, but without money to throw at the operation, she wasn't sure how she could make a difference. Inspired and encouraged by dōTERRA's humanitarian vision, Laurie and Blue Diamond leader, Christy Fechser, decided to reach out to the dōTERRA Healing Hands Foundation® for help.

Laura quickly put together a fundraiser in her community to collect donations of dōTERRA products and essential oils, which the dōTERRA Healing Hands Foundation matched to double her impact. She then traveled to India to share the products with 50+ homeless children living in a home established by Thomas.

"Often times it seems too overwhelming or too difficult when you stop and think about the enormity of the world's problems, but this project illustrated that by just taking small steps our actions can have a big impact on the lives of other people. There is no limit to what we can accomplish when we come together."

—Laura Groff, Wellness Advocate



Hope Humanitarian

Since August 2017, an estimated 12,000 Rohingya refugees have crossed the border into Cox's Bazar, Bangladesh. This traumatized and displaced population currently live in terrible conditions; they lack adequate food, water, sanitation, medical care, and access to necessary opportunities and resources. Approximately 51 percent of these refugees are women and girls, who are disproportionately affected by the refugee crisis due to their vulnerable and marginalized status in Rohingya communities. Cultural gender-based violence and discrimination are perpetuated, even exacerbated among refugee populations, making the camps particularly dangerous for Rohingya women.

According to community leaders and interviews with refugees, almost every woman and girl in these makeshift settlements in Cox's Bazar is either a survivor of or a witness to multiple incidences of sexual assault, rape, gang rape, murder through mutilation,

or burning alive of a close family member or neighbor. Many women whose sexual assault resulted in conception, are reported to have sought unsanitary and dangerous abortions after arriving in Bangladesh, putting their health at risk.

Furthermore, women are not allowed to work outside the camp and there are very few opportunities for earning money within the camps. To help these women improve their circumstances, Blue Diamond Ashlee Miller worked with Hope Humanitarian and the dōTERRA Healing Hands Foundation® to collect donations that were used to support these refugees. The money from this campaign is being used to establish and outfit a women's skill center for these refugees in Bangladesh. The skill center will teach the women tailoring skills, and will provide education for the women about how they can support themselves using their newly acquired skills.



For more inspiring stories of Wellness Advocate Partner Projects and additional information about how to partner with us to bring your own passion project to life, visit:

www.doterra.com/US/en/humanitarian-wellness-advocate-partner-projects



Winter Diffuser Blends

Home for the Holidays

- ◆◆◆ Frankincense
- ◆◆ Wild Orange
- ◆ Cinnamon Bark

Sleigh Bells

- ◆◆◆ Wild Orange
- ◆◆ Peppermint
- ◆◆ Cypress
- ◆◆ Holiday Joy

Frosted Forest

- ◆◆◆ Douglas Fir
- ◆◆ Cedarwood
- ◆ Juniper Berry

Wonderland

- ◆◆◆ Peppermint
- ◆◆◆ Bergamot
- ◆◆ Cypress
- ◆ Wintergreen

'Tis the Season

- ◆◆ Siberian Fir
- ◆◆ Cassia
- ◆◆ Wild Orange

Mid-Winter Boost

- ◆◆◆ dōTERRA On Guard®
- ◆◆◆ Cedarwood



Bundle Up

- ◆◆◆ Cedarwood
- ◆◆◆ Elevation
- ◆◆ Cinnamon Bark

Spiced Cider

- ◆◆◆ Wild Orange
- ◆◆ Cinnamon Bark
- ◆◆ Clove
- ◆ Ginger

dōTERRA®

389 South 1300 West
Pleasant Grove, UT 84062
1 800 411 8151
doterra.com

PRESRT. STD
US POSTAGE
PAID
PERMIT #6563
SALT LAKE CITY, UTAH

Peppermint Softgels

*Provides digestive system support**

The targeted
digestive comfort
and **support**
you've been
searching for.



Learn more at:

www.doterra.com/US/en/peppermint-oil-softgels



Peppermint Softgels

Dietary Supplement

60209244	60 enteric coated softgels
\$24.00 retail	\$18.00 wholesale 15 PV

* 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.

dōTERRA®

CPTG Certified Pure Therapeutic Grade®



v1 US-EN

6021256