



ESSENTIAL OIL  
SOLUTIONS  
with dōTERRA

## Keeping Your Body in Balance

What does it mean to keep your body in balance?

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What kinds of life events can affect your body?

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What sorts of lifestyle changes can help bring greater balance to your life?

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How can you use essential oils to find greater balance?

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What's a change you would like to make in your life to achieve greater balance?

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