



ESSENTIAL OIL  
SOLUTIONS  
with dōTERRA

## Practicing Holistic Fitness

What is holistic fitness?

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Which essential oil blend does Noelle like to take in a Veggie Cap?

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What are some of the benefits of holistic fitness?

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What is Noelle's advice for those just starting their holistic fitness journey?

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What's a step you'd like to take to improve your health and wellness lifestyle?

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