



## Supporting Our Respiratory System, Plus a Look at Douglas Fir

Why is it important to support our respiratory health year-round?

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List your favorite dōTERRA® products that can support your respiratory health:

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How can you improve your routine by including supportive, dōTERRA respiratory products?

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Is Douglas fir actually a fir?

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How do you plan to get festive with Douglas Fir this holiday season?

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