

MASTER YOUR METABOLISM

WITH A WELL-OILED PLAN
JANUARY 2019

GATHER YOUR OILS
MAKE A PLAN
GET MOTIVATED

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CHANGE STARTS WITH YOU. CHANGE STARTS HERE.

Our lifelong health and vitality depend on many factors including diet, physical activity, weight management, rest, stress management, exposure to toxins, and inherited genetic predisposition for disease or wellness. While some of these variables are beyond our complete control, breakthrough scientific research is revealing many ways we can influence—and even control—significant factors of aging and wellness.

A long life full of vitality and healthy aging begins with providing your cells with essential nutrients and metabolic factors to help them perform optimally, and dōTERRA's proprietary line of oils and supplements can help support you in your efforts, along with a healthy diet and regular exercise routine. Take the next step in your health journey and learn how to *Master Your Metabolism* with dōTERRA at your side!

PRODUCT GUIDE

LIFELONG VITALITY PACK {LLV}

dōTERRA's LLV has been formulated to reach 100% of daily nutritional needs based on an average diet. They contain the equivalent of over 12 servings of fruits and vegetables and provide necessary vitamins and minerals to support a healthy body, enhance metabolic function, and provide powerful antioxidants designed to promote energy and health.

SUGGESTED USE: TAKE 2 PILLS FROM EACH BOTTLE WITH MORNING AND EVENING MEALS.



YARROW POM

Yarrow|Pom is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil, designed to be your go-to for a true inside-out approach to aging, vitality, and overall wellness. When taken internally it can support a healthy inflammatory response at the source as well as promotes healthy metabolic function.

SUGGESTED USE: CONSUME 1-2 DROPS MORNING AND NIGHT TO SUPPORT A HEALTHY METABOLISM.



PRODUCT GUIDE

SLIM & SASSY OIL / SOFTGELS

Slim & Sassy Metabolic Blend combines powerful essential oils known to promote a healthy metabolism, manage hunger and promote a positive mood when ingested. When used in combination with a healthy eating and exercise plan, it can help you reach and maintain your weight management goals.

SUGGESTED USE: TAKE 2-3 DROPS IN AN EMPTY VEGGIE CAP OR 1 SOFTGEL PRIOR TO MEALS TO HELP CONTROL APPETITE.

SLIM & SASSY GUM

Slim & Sassy Metabolic Gum provides an easy, yet tasty way to stay on track with your weight management goals. Each piece of sugar-free gum has one drop of Slim & Sassy essential oil blend, providing long-lasting flavor and helping curb cravings and manage hunger.

SUGGESTED USE: CHEW ONE PIECE OF GUM AS NEEDED THROUGHOUT THE DAY TO MANAGE HUNGER AND CURB CRAVINGS.



MAKE A PLAN

CONSISTENCY IS KEY.

UPON WAKING: 1-2 drops Yarrow | Pom in an empty veggie capsule or directly under the tongue

BREAKFAST: LLV {2 pills from each bottle} + 2-3 drops Slim & Sassy EO in an empty veggie capsule OR 1 Slim & Sassy Softgel prior to eating

LUNCH: 2-3 drops Slim & Sassy EO in an empty veggie capsule OR 1 Slim & Sassy Softgel prior to eating

DINNER: LLV {2 pills from each bottle} + 2-3 drops Slim & Sassy EO in an empty veggie capsule OR 1 Slim & Sassy Softgel prior to eating

BED: 1-2 drops Yarrow | Pom in an empty veggie capsule, directly under the tongue or in hot tea

ALL DAY: 2 drops of Slim & Sassy EO in 8oz of water 5x/day + Slim & Sassy Metabolic Gum as needed

**If you're new to using Yarrow | Pom, start with 1 drop*



BUILD HEALTHY HABITS

1. Consume a diet based on consumption of whole foods. The foundation of almost any healthy goal begins with proper nutrition. The more a food is externally processed, the less it needs to be internally processed to be utilized by the body. Whole foods are more nutrient dense, less energy dense, contain higher amounts of fiber, and take longer to be processed. Skip the bag and box aisles and stick to the perimeter of the grocery store.

2. Don't forget your protein and fats. Protein and fat require more time to breakdown into their usable parts than do carbohydrates. A recent study in Cell Press mapped out the signals between your gut and your brain, finding that protein increases satiety through modulating mu-opioid receptors. These receptors regulate brain-gut communication. When combined with primarily carbohydrate meals, dietary fat has been shown to slow digestion in the small intestine.

3. Drink more water. Your gastric mechanoreceptors can't differentiate between food and water, they only respond to the volume of the substance passing through. Water quickly passes through without need of processing, but still can temporarily trick your body into thinking it is full. If you have hunger pangs but have already met your energy needs for the day, try a glass of water first.

4. Utilize sensory cues. Smell your food before putting it in your mouth, use a smaller plate, chew your food for a while before swallowing to maximize the oral sensation—all of these small things prolong the cephalic stage and subconsciously increase food satisfaction.

5. Experiment with meal timing and frequency. Contrary to conventional belief, studies have demonstrated that skipping breakfast has no negative effects on satiety, and may result in a reduction in caloric intake. Intermittent fasting—cycling between extended periods of fasting and shorter periods of feeding—has been gaining popularity and there is plenty of scientific research to back up its efficacy. Experimenting with meal timing and frequency can help you find the meal regimen that works best for you

RELIEVE STRESS AND ANXIETY

Stress and anxiety are common experiences for most people. In fact, 70% of adults in the US say they feel stress or anxiety on a daily basis.

Here are 8 simple ways to relieve stress and anxiety.

1. Reduce caffeine intake. Caffeine is a stimulant found in coffee, tea, chocolate and energy drinks. High doses can increase anxiety. People have different thresholds for how much caffeine they can tolerate. If you notice that caffeine makes you jittery or anxious, consider cutting back. Need an all natural energy boost? Try inhaling peppermint or diffusing citrus oils.
2. Write it down. One way to handle stress is writing it down. Another way is recording what you are grateful for. Gratitude may help relieve stress and anxiety by focusing your thoughts on what's positive in your life.
3. Spend time with friends and family. Friends and family can act as a sounding board and lend support.
4. Laugh. Did you know laughter can also help improve your immune system and mood? Try watching a funny TV show or hanging out with friends who make you laugh.
5. Learn to say no. Not all stressors are within your control, but some are. Take control over the parts of your life that you can change and are causing you stress.
6. Avoid procrastination. Procrastination can lead you scrambling to catch up. This can cause stress, which negatively affects your health and sleep quality.
7. Practice Mindfulness. Mindfulness describes practices that anchor you to the present moment. it can help combat the anxiety-inducing effects of negative thinking. A recent study in college students suggested that mindfulness may help increase self-esteem, which in turn lessens symptoms of anxiety and depression.
8. Diffuse! Using essential oils may help reduce your feelings of stress and anxiety. Here are some of the most calming scents: Lavender, Rose, Vetiver, Roman chamomile, Frankincense, Ylang ylang & Geranium.





TROUBLE SHOOT SLEEP TROUBLES

If you struggle to fall or stay asleep, consider the following doTERRA essential oils / products:



Take 1-2 Serenity Softgels prior to bed to encourage restful sleep and calm the nervous system.



Diffuse Vetiver before bed for a calming and grounding effect on emotions.



Diffuse Balance before bed to promote relaxation, ease anxious feelings, and evoke feelings of tranquility and balance



CATCH SOME QUALITY Z'S

If you're trying to lose weight, the amount of sleep you get may be just as important as your diet and exercise. Check out these 6 reasons why getting good quality sleep is essential for overall health as well as weight loss.

1. Studies have found that poor sleep is associated with weight gain and a higher likelihood of obesity in both adults and children. People's sleep requirements vary, but, generally speaking, research has observed changes in weight when people get fewer than seven hours of sleep a night

2. Many studies have found that people who are sleep-deprived report having an increased appetite, likely due to its effect on hormones that signal hunger and fullness.

3. Poor sleep can decrease your self-control and decision-making abilities and can increase the brain's reaction to food. Poor sleep has also been linked to increased intake of foods high in calories, fats and carbs.

4. Poor sleep can increase your calorie intake by increasing late-night snacking, portion sizes and the time available to eat

5. Your resting metabolic rate (RMR) is the number of calories your body burns when you're completely at rest. It's affected by age, weight, height, sex and muscle mass. Poor sleep may decrease your RMR, although findings are mixed. One contributing factor seems to be that poor sleep may cause muscle loss.

6. Just a few days of poor sleep can cause insulin resistance, which is a precursor to both weight gain and type 2 diabetes. Insulin is a hormone that moves sugar from the bloodstream into your body's cells to be used as energy. When cells become resistant, more sugar remains in the bloodstream and the body produces more insulin to compensate. The excess insulin makes you hungrier and tells the body to store more calories as fat, ultimately causing weight gain.



EIGHT REALISTIC WAYS TO IMPROVE YOUR DIET

1. Make a meal plan.
2. Eat the rainbow. Your cells can't survive without a variety of vitamins. Eat an assortment of plants in varying colors. Next time you cook a dish, challenge yourself to include as many colors as possible. doTERRA TerraGreens is a great supplement that blends whole food fruits and vegetables for a quick, on-the-go nutritional drink.
3. Eat anti-inflammatory foods. Eating more foods that have omega-3 fatty acids will help boost your immune system. Some great examples of these foods are salmon, tuna, tofu, walnuts, and flaxseeds.
5. Swap sugar for dates. Dates won't spike your blood sugar and they're a rich source of potassium.
6. Eat until you are 80% full, and then evaluate. Are you still hungry?
7. Plan your treats. Some people have a big cheat meal each week (meaning they give themselves permission to eat what they want). Others favor one small cheat a day. Whichever you prefer, plan it out!
8. Go vegetarian for a day. "Meatless Monday" is a common practice. You may find giving up meat for a day will result in higher vegetable consumption.
9. Use a supplement to aid in digestion. Having your digestive tract clear can help with absorption of food. doTERRA's TerraZyme is a great aid for digestion.

RECIPE INDEX

ONLY MAKE GOOD FOOD.



YOU DON'T NEED A SILVER FORK TO EAT GOOD FOOD.

Paul Prudhomme



CREATIVE COOKING

BREAKFAST GRANOLA CUPS

START YOUR DAY THAN WITH A METABOLISM BOOST! THESE INDIVIDUAL TARTS ARE MADE WITH NATURAL INGREDIENTS AND INCLUDE CINNAMON BARK OIL, WHICH ADDS A SWEET AND SPICY FLAVOR AS WELL AS SUPPORTS HEALTHY METABOLIC FUNCTION.

INGREDIENTS:

- 1 ½ cups old fashioned oats
- 1 tablespoon sesame seeds
- 1 cup walnuts or almonds, finely chopped
- ¼ cup honey or pure maple syrup
- 1–2 drops Cinnamon Bark oil
- 5 tablespoons refined coconut oil {FCO}
- 1 teaspoon vanilla extract
- 2 cups Greek yogurt
- Mixed fruit

INSTRUCTIONS:

Pre-heat oven to 325° F.
In medium mixing bowl, combine seeds, oats, nuts, FCO, vanilla, honey, and Cinnamon oil.
Using a lightly greased spoon, firmly pack a few tablespoons of mixture into muffin tin, forming 8–10 individual cups.
Bake on center rack for 15–17 minutes, or until golden.
Remove from oven and press down again with spoon to re-shape while still hot.
Allow to cool completely, then carefully remove cups and set aside.
Fill granola cups with Greek yogurt and top with mixed fruit.
Serve immediately for best results.



CREATIVE COOKING

GINGER PEAR GREEN SMOOTHIE

TAKING GREEN DRINKS TO A WHOLE NEW LEVEL OF TASTE AND WELLNESS, OUR GINGER PEAR GREEN SMOOTHIE IS PACKED FULL OF VITAL NUTRIENTS, FIBERS, AND MINERALS TO KEEP YOUR BODY FUELED AND FUNCTIONING PROPERLY. YOU'LL BE CRAVING THIS YUMMY DRINK REGULARLY!

INGREDIENTS:

- 1 heaping cup fresh spinach
- 1 heaping cup diced frozen pears
- ½ cup plain non-fat Greek yogurt
- 1 tablespoon almond butter
- 1 cup unsweetened almond milk or milk of choice
- 1 teaspoon raw honey
- ½ teaspoon vanilla extract
- 1 drop of Ginger oil

INSTRUCTIONS:

Cut fresh pears and freeze for one hour.
Put all of the ingredients in a blender and blend until creamy and smooth.

EXPERT TIP:

Got a little extra time? Pour your smoothie in a bowl and garnish with coconut flakes, hemp and or chia seeds. Enjoy with a wooden spoon.



CREATIVE COOKING

PEAR GORGANZOLA SALAD

THIS TEMPTING SALAD WILL LIVEN UP YOUR DINER AND INCLUDES THE ADDED BENEFITS OF BASIL OIL, WHICH CAN HELP EASE ANXIOUS FEELING WHEN TAKEN INTERNALLY.

INGREDIENTS:

Salad
2 red Anjou pears
6 cups spinach
½ cup walnuts, chopped
⅓ cup gorgonzola

VINAIGRETTE:

½ cup olive oil
¼ cup white balsamic vinegar
1 tablespoon honey Dijon mustard
1 toothpick Basil oil
Dash of Himalayan salt

INSTRUCTIONS:

Blend together olive oil, white balsamic vinegar, Dijon mustard, and Himalayan salt. Add Basil oil {start with one toothpick to taste}. Once the dressing is flavored to your liking, toss vinaigrette with salad ingredients and serve immediately.



CREATIVE COOKING

LEMON WALDORF SALAD

APPLES AND WALNUTS GIVE THIS SALAD AN ENJOYABLE CRUNCH WHILE LEMON OIL PROVIDES SOME KICK AND BRINGS OUT ALL THE WONDERFUL FLAVORS.

INGREDIENTS:

5 apples medium diced
5 ounces celery small diced
4 ounces walnuts course chopped
 $\frac{2}{3}$ cup mayo or plain Greek yogurt
7 drops Lemon oil
4 boneless, skinless chicken breast, cut into pieces *{optional}*

INSTRUCTIONS:

Combine all above ingredients, serve.

EXPERT TIP:

This dish can be made ahead of time because the lemon oil keeps the apples from browning.



CREATIVE COOKING

STRAWBERRY CINNAMON ENERGY BITES

THESE EASY TO MAKE ALL NATURAL ENERGY BITES ARE THE PERFECT SNACK BEFORE YOU HIT THE GYM, GO ON A HIKE, OR HEAD TO THE BEACH. HAVE THEM ON HAND AND FOR ANY ACTIVITY THAT REQUIRES A LOT OF ENERGY.

INGREDIENTS:

- 1 cup raw cashews
- ½ cup strawberries, chopped
- ¼ cup coconut butter
- 2 tablespoons maple syrup
- ½ teaspoon vanilla
- 1–2 drops Cinnamon Bark oil
- Dash of nutmeg
- Dash of sea salt
- 1 package chia seeds or coconut flakes *{optional}*

INSTRUCTIONS:

Wash and chop strawberries. Set aside.
In a food processor or blender, pulse raw cashews until they form a crumbled texture.
Add in chopped strawberries and coconut butter. Pulse mixture.
Add remaining ingredients and blend until they form into a batter.
Place batter in fridge for 30 minutes or until firm.
Remove batter from the fridge and roll into medium balls, then roll in chia seeds or coconut flakes to coat the outside.
Store energy bites in the fridge to keep fresh.
Consume within two weeks.



CREATIVE COOKING

TURMERIC TEA LATTE

THIS COCONUT MILK TEA IS ALL ABOUT THE TURMERIC OIL, WHICH GIVES IT A SURPRISINGLY SUBTLE HERBAL FLAVOR. THERE ARE MANY VARIED REASONS FOR TAKING TURMERIC OIL INTERNALLY, AND THIS TEA OFFERS A DELICIOUS AND HEALTHY WAY TO DO SO.

INGREDIENTS:

1 cup coconut milk
1 cup water
1 tablespoon honey
1 tablespoon butter (or ghee)
1–2 drops Turmeric oil
Turmeric spice for garnish

INSTRUCTIONS:

Heat coconut milk and water in a saucepan on low for three to four minutes. Add butter, honey, and Turmeric essential oil and stir until butter melts and ingredients combine. Pour into mugs and add a pinch of turmeric powder as an optional garnish. Serve hot.

goal setting

SETTING GOALS GIVES YOUR LIFE DIRECTION, BOOSTS YOUR MOTIVATION, AND YOUR SELF-CONFIDENCE. BREAKING BIG GOALS DOWN INTO SMALLER GOALS HELPS KEEP YOU FOCUSED.

OVERALL GOAL

I am a strong woman; strength comes from within. I am disciplined to meet my daily movement, eating, and glowing goals. My emotional well being is like a rock carrying me from one day to the next. It is growing with each success, and I am giving myself grace when I fall short. By February 14th, 2019, I will be fitting comfortably in my favorite little black dress in time for Valentine's Day, and by May of 2019, I will feel confident in my swimsuit and be ready to rock the summer.

MOVEMENT

My body is a vessel, strong and resilient. I will move my body daily and provide it with the support it needs to carry me each day.

Attend Pure Barre Class 4-5x per week.

Take a brisk walk/run on rest days from Pure Barre.

Get fresh sunshine on my face/body daily.

I will support my body with my doTERRA supplements and routine in the MYM challenge.

NOURISHMENT

I will fuel my body with clean foods, pay more attention to my body's hunger/thirst cues, and treat my body as my temple.

I will find clean alternatives to convenience foods.

Drink tea instead of snack on junk food.

Snack clean by having cut up fruits/veggies in the refrigerator.

Fill my body with 70 oz of clean water per day.

EMOTIONS

I will love my body through the process of change and support my emotional well-being with added oils to support the ongoing changes physically and emotionally.

Rose on my face and heart in the morning with frankincense and peppermint to incentivize me into daily goals.

Ginger and peppermint for my sore muscles.

Sandalwood in my hair to feel beautiful.

RADIATE

My body glows from the inside out because I am filling it with all the goodness provided, fresh food, clean water and my supplements.

Integrate the doTERRA facial care line to nourish my skin as well as I nourish my body.

Incorporate the daily use of floral oils on my face.

Dry brush my skin daily with slim and sassy.

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RADIATE

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hydrate

CALCULATE YOUR NEEDS

CURRENT WEIGHT X 0.5 = OUNCES OF WATER/ DAY

_____ X 0.5 = _____ OUNCES OF WATER/ DAY

EXPERT TIP:

ADD AN EXTRA 12 OZ OF WATER PER 30 MINUTES OF EXERCISE TO YOUR TOTAL FROM ABOVE!

nourish

EAT A RAINBOW OFTEN

EAT WHOLE FOODS

TRY TO CONSUME AT LEAST 3 COLORS AT EACH MEAL

FOCUS ON FIBER {FRUITS AND VEGGIES}

CHOOSE HIGH QUALITY, LEAN MEATS {ORGANIC, GRASS-FED WHEN POSSIBLE}

EAT HIGH QUALITY FATS IN MODERATION {AVOCADO, NUTS + NUT BUTTERS, OLIVES + OLIVE OIL, ETC}

TAKE SENSORY CUES INTO CONSIDERATION

EAT UNTIL YOU'RE 80% FULL, THEN RE-EVALUATE YOUR HUNGER LEVEL

DON'T STRESS - FOOD IS SUPPOSED TO BE FUN!

measure + weigh

ACCURATELY TRACK YOUR PROGRESS

WEIGH YOURSELF AT THE SAME TIME AND ON THE SAME DAY EACH WEEK FOR THE MOST ACCURATE NUMBERS.

REMEMBER TO STAND IN FRONT OF A MIRROR WHEN TAKING MEASUREMENTS, OR BETTER YET, ENLIST A FRIEND FOR HELP!

BICEP

Measure at the fullest part of your upper arm.

HIPS

Measure at the widest point of your hips or bottom.

WAIST

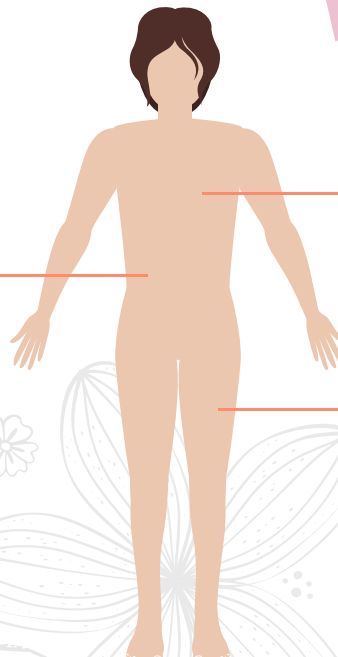
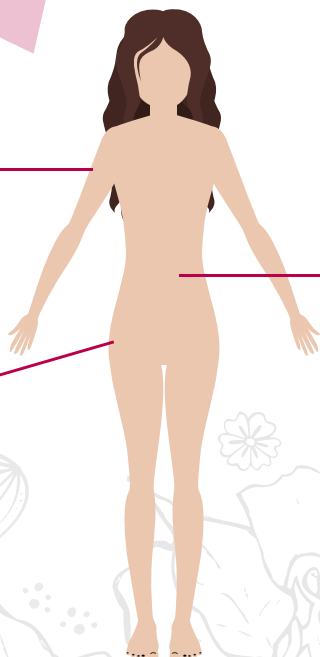
Measure at the smallest part on your torso, just above belly button.

CHEST

Measure at nipple level.

THIGH

Measure at the fullest part of your thigh.



As we begin our week long challenge, remember that having a plan is an essential part of success. Use this form to mentally and physically prepare for your week and to start creating new, healthy habits. Don't forget to reference your Master Your Metabolism ebook along the way!

Monday

RISE & SHINE

☐ Yarrow | Pom {1-2 drops directly under tongue }

BREAKFAST

☐ LLV {2 pills from each bottle}

☐ Slim & Sassy {2-3 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

LUNCH

☐ Slim & Sassy {2-3 drops in a veggie cap or 1 softgel}

How did you
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DINNER

☐ LLV {2 pills from each bottle}

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How did you
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SWEET DREAMS

☐ Yarrow | Pom {1-2 drops directly under tongue or in hot tea}

BEAUTY REST

_____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

☐ Take measurements, weight and/or photos to track progress

☐ Stick to your plan

☐ Pop a piece of Slim & Sassy gum to keep cravings at bay

☐ Check in with us on Facebook {morning and evening} for added support

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