Choose the lifestyle you need

Be Prepared for Life's Little Emergencies

Modern Medicine
• Treats Symptoms
• Synthetic
• Side Effects
• Expires
• Time Consuming
• Costly

Nature's Solutions
• True Health
• All Natural
• Various Positive Effects
• Extended Shelf Life
• Efficient & Simple
• Pennies per Use

Use Targeted Support

Give Specific Attention to Individual Needs

• Use common sense
• Use printed and online resources - see Live Guide
• Use online support forum at successwithoils.com
• Use oils frequently (i.e. every 15 minutes) with acute situations
• Use oils a couple times per day to:
  - Address continuing health challenges
  - Manage potential issues in the early stages or before they manifest

Recommended Daily Health Habits

Lifelong Vitality (LLV)
Energy, focus, relief, and well-being

Microplex VMz*: Whole food multivitamin & mineral
xEO Mega*: Omega 3-6-9 fatty acid & nine essential oils
Alpha CRS+: Antioxidant, anti-inflammatory & cellular energy

Prevent

• Balance: For stress/grounding; 2-3 drops on bottom of feet
• Frankincense: For cellular repair; 2-3 drops under tongue or on bottom of feet
• Lemon: For cleansing; 2-3 drops in water, 2-3x/day
• On Guard*: For immune support; 2-3 drops on spine or bottom of feet
• Serenity: For digestive support; 1-3 drops with meals

Prevent

• On Guard! Toothpaste: For hygiene; Brush often

Makeover Your Medicine Cabinet with Safer, Cheaper, More Effective Health Solutions

How to Use dōTERRA Essential Oils

Aromatic
Breathe in or use diffuser to:
• Clean the air
• Maintain open airways
• Affect mood

Topical
Apply to feet or troubled areas:
• Use caution with sensitive skin
• Keep oils out of eyes & ears
• For sensitivity, dilute or neutralize with Fractionated Coconut Oil

Internal
Taking internally is specific to dōTERRA CPTG oils:
• Under the tongue, in a gel capsule, or in water
• Supports health of mouth, throat, and digestive system

NOTE: The advice shared here has not been evaluated by the FDA. The products and the methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help.

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Do you need safer, cheaper, more effective health solutions?

You Have Choices

Modern Medicine
• Designed to manage symptoms
• Made from isolated synthetic agents
• Side effects (known and unknown)
• $4.5 trillion/yr. spent on global health care
• Are we healthier because of it?

Nature's Solutions
• Help address issues and root causes
• Made of hundreds of natural compounds found in plants that enhance physical and emotional health
• Safe benefits without side effects
• No time/$ at doctor's visits, no copay
• Pennies per use

Let's explore nature's solutions for your health.

Essential Oils Are Effective

• 50-70 times more powerful than herbs
• Inhibit the growth of bacteria and viruses
• The plant's own natural medicine cabinet

dōTERRA is Safe & 100% Pure

• Plants grown and harvested in their natural habitat
• 3rd party testing ensures oils are genuine, potent, and authentic
• CPTG Certified Pure Therapeutic Grade® oils are beyond organic, verified pure, free of fillers, pesticides, and foreign contaminants

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