

Slide 1 - Welcome

Welcome! We are excited to talk about improving health with supportive doTERRA products.

Slide 2 - doTERRA Wellness Lifestyle

Developing a lifestyle of wellness requires implementation of healthy habits in two main areas—lifestyle and healthcare. Combined, proper nutrition, exercise, rest & stress management, and reduction of toxic load comprise a lifestyle that allows for maximum health. Each aspect builds on the others and if any piece is left out compromise occurs.

Our focus today we will be on reducing our toxic load.

Slide 3 - Toxic Load

A “toxin” is any substance that causes harm to the body. “Toxic load” refers to the accumulation of all of the toxins affecting your body at any give time and the burden it places on the body systems and organs.

Toxins come from many sources. In fact, the world around us is saturated with toxins, many of which we are not even aware of. Pathogens, chemicals, and radiation are three of the most common categories of toxins.

- Pathogens are microbial agents (such as bacteria, fungi, or viruses) that invade the body and cause infection or disease.
- Chemicals are any natural or synthetic substances that cause harm to the body. Common examples of chemicals are ingredients in processed foods such as artificial sweeteners and flavor enhancers, automobile exhaust, cigarette smoke, solvents, plastics, pesticides, xenoestrogens, and harsh cleaning products.
- Radiation refers to high-energy particles that can cause harm to cellular structures and DNA. The most common source of radiation is sunlight.

Slide 4 - Exposure Pathways

Although your body deals with toxins in a number of ways, the three most vulnerable areas of exposure are the lungs, the digestive tract, and the skin due to more direct exposure. Toxins can be ingested through food we eat, inhaled in the air we breath, or absorbed trans-dermally when something is applied topically or contacts the skin. Each of these avenues has physiologic defense mechanisms to minimize toxic exposure.

One example of how the body protects itself involves the lungs. They are very delicate tissues that can be affected by germs, smoke, dust, and other harmful substances that we breath. To protect this susceptible tissue, the nose, mouth, and throat are lined with a thick mucus membrane to trap foreign particles. Special immune cells are also present within the lung tissue to destroy anything that may get past the mucous membranes.

Slide 5 - Reduce Toxic Load

Our first area of focus in reducing toxic load by avoiding toxic exposure.

Slide 6 - Lemon Oil/Diffuser

A little common sense goes a long ways by utilizing protective barriers such as gloves or masks and creating proper ventilation. So why not use our essential oils as partners of prevention? Essential oils have been demonstrated to positively affect our environment. Diffusing essential oils in the home or work area is a preventative measure helping to maintain cleaner air. Washing produce with a little lemon oil added to water, vinegar and baking soda is a simple, effective method of reducing harmful contaminants.

Slide 7 - Reduce Toxic Load/Avoid Toxic Exposure

We can be mindful of how we care for our skin, from sun exposure to any product we place **on** our skin. doTERRA has an entire line of skin, hair and body care products that have superior ingredients and performance. We are also fortunate to have OnGuard natural cleaning and laundry products that are free from harsh chemicals. These simple yet impactful choices in our everyday lifestyle make a significant difference in reducing daily toxic load.

Slide 8 - Reduce Toxic Load (category 2)

Our second area of focus in reducing toxic load is supporting defensive functions. Let's take a look at some specific supplements and essential oils that provide the best organ support.

Slide 9 - Nourish and Fortify

The body needs energy to conduct its own best efforts of protection and detoxification and it uses nutrients to produce to create this capacity.

Additionally, many of the toxins in our world today are fat soluble. The liver in particular needs support as its function is paramount to success as it plays a significant role in eliminating fat soluble toxins.

Another form of "toxicity" is the presence of free radicals causing oxidation which, if not handled, causes damage and premature breakdown of cells. Antioxidants are imperative for the elimination of free radicals.

AND, at the root of all toxic conditions in the body is an inflamed and irritated cell membrane. It is in our best interest to prevent inflammation.

So how can we provide this kind of necessary support and nourishment so our defensive mechanisms function optimally?

Slide 10 - Healthy Foundation

The Lifelong Vitality products are packed with essential nutrients, including vitamins, minerals, whole-food extracts, antioxidants, fatty acids, and essential oils that are vital and must be consumed in adequate levels. These products are specifically designed to supplement the typical adult diet and correct deficiencies. Combined with a healthy diet, these products provide a sound foundation that supports both the structures and healthy function of the body.

Again, it is through nourishment that the body will perform at its best. Nutrients such as those in our VMz product supply the body with resources to produce energy. The ingredients in Alpha CRS are superb antioxidant resources as well as supportive of optimal liver function. And xEOMega is a high quality source of Omega 3, 6, and 9, necessary for the body to mitigate the inflammatory response.

The Lifelong Vitality trio is a the perfect way to nourish and fortify the body's own defense mechanisms.

Slide 11 - Reduce Toxic Load (category 3)

Our third area of focus in reducing toxic load is managing exposure by optimizing elimination. Our body has a complex system of detoxification, complete with organs and processes that allow elimination of any toxins that may enter the body. The liver, kidneys, and colon are involved in our body's natural detoxification processes as are our skin, lungs and GI tract. It is important to take measures to support these vital organs.

Slide 12 - Elimination Pathways

As we focus now on the elimination of toxins, we must first insure there is are “**pathways** of elimination.” Our body has primary and secondary “chimneys” through which it moves waste. Often times the primary chimneys have been neglected and/or are over or under functioning. The secondary “chimneys” will then take on the overload. The skin is often times referred to as the third kidney and is what we call a “sympathetic chimney” often moving waste that was really intended to be eliminated elsewhere. Any kind of skin eruptions or imbalances warrant further examination of proper elimination.

Slide 13 - Supporting Optimal Elimination

With this in mind, it then becomes our first focus to insure that we have proper flow of both the intestinal and urinary tracts as well as lifting any unnecessary burdens from other chimneys of the body so they won't over express once we increase the process of detoxification. How can we best do this?

Slide 14 - Promote Proper Elimination

Introducing two wonderful doTERRA products that are our partners in proper elimination – the Zendocrine Complex and TerraZyme. Let's take a look at each of these products and how they each play an important role in supporting the chimneys in the body in getting the job done.

Slide 15 - Gastrointestinal Tract

The main function of the body's gastrointestinal tract is to metabolize the food we eat and excrete waste products. It also plays a major role in absorption. Unfortunately for many people, this system tends to be experiencing less than optimal function. The body must be able to distinguish usable substances from harmful toxins. To accomplish this differentiation, the GI tract serves as a selective barrier that strictly regulates absorption and prevents toxins from entering the blood and lymph systems.

Slide 16 - GI Tract 2

The intestines are the body's main site of absorption. Vitamins, minerals, fats, proteins, and carbohydrates are absorbed in the small intestine. The large intestine is responsible for absorbing excess water from waste products and handling indigestible substances such as fiber.

To maximize absorption, the intestinal walls are lined with hair-like projections that dramatically increase the surface area available for absorption. If the intestines were to be laid out flat, their surface area would be equivalent to that of a tennis court!

Slide 17 - GI Tract 3

When food and nutrients are absorbed, they pass through the walls of the digestive system and directly enter the blood stream for systemic delivery throughout the body. It is important for the intestinal walls to maintain both efficient yet selective absorption. This allows the body to absorb the nutrients it needs for health while also preventing toxins from entering the body.

The walls of the intestines are made up of specialized epithelial cells that serve as a selective barrier that allows only certain substances to pass into circulation. Covering the walls of the intestines are millions of tiny hair-like structures called villi that extend into the intestinal tube. Smaller still are microvilli, that cover the villi. Combined, these three structures dramatically increase the surface area available for absorption and give the intestines extraordinarily efficient, yet highly selective absorption capabilities.

Slide 18 - Terrazyme

An important product with significant benefits to the gastrointestinal tract is the TerraZyme Digestive Enzyme Complex. This product contains a unique blend of active whole-food enzymes and mineral cofactors that are often deficient from cooked, processed, or preservative-laden foods. These ingredients aid digestion and support overall health of the gastrointestinal tract.

Slide 19 - Terrazyme 2

Enzymes are special substances that help catalyze biochemical reactions in the body. They are crucial players in the physiologic processes including metabolism and detoxification. Fresh, raw foods naturally contain sufficient enzymes for proper digestion in the body. However, when food is cooked and processed, these naturally occurring food enzymes can be destroyed. The pasteurization, sterilization, radiation, preservation, freezing, and microwaving of our modern food supply can render food enzymes inactive or alter their structure so much that they become useless to the body. Food processing can also remove important vitamin and mineral cofactors of enzymatic chemistry in the body.

We can reduce the internal demand for production of digestive enzymes in our body by increasing the amounts of fresh, raw foods in our diets. Some experts suggest a healthy diet would include at least 60 percent of food nutrients coming from fresh, raw foods—a good goal but not always available in our modern lifestyles. Using a whole-food supplement of plant-based enzymes is a convenient way to guarantee sufficient enzymes.

This formula has been recently updated to address specific digestive issues that are especially prevalent. Increased lactase helps digest lactose and prevents flatulence, while maltase was replaced with a special proprietary anti-gluten blend.

TerraZyme is an excellent daily supplement and makes a marvelous partner in a 30 day cleanse program. It is especially important to begin with it in the first 10 days prior to the introduction of other components to insure to flow of the GI tract or in other words the proper flow and function of this important primary chimney. It is recommend that 1-3 capsules be taken with meals each day. It is also very effective when taken on an empty stomach to pursue “old waste” in various areas of the body. TerraZyme is, again, highly recommended as an important first step to success in any detoxification program.

Slide 20 - Pathways of Elimination

Many organs of the body have powerful detoxification functions, particularly the liver, kidneys, and colon. Supporting these organs is important for maintaining optimal detoxification function and keeping the body clear of toxins.

The liver is the metabolic powerhouse responsible for processing fats, proteins, carbohydrates, and other nutrients into forms that are easier to use by the rest of the body. This organ also plays a key role in detoxifying the body of drugs or toxins. After metabolism in the liver, any waste products must be eliminated. Solid waste is removed through the colon in the form of feces, while nitrogenous waste is eliminated through the kidneys as urea. Notice the liver does not have its own outside chimney and is reliant on the two primary chimneys. If these two chimneys are unable to partner sufficiently with the liver, it will find additional exit points for its waste products, namely the skin resulting in skin eruptions.

Slide 21 - Zendocrine Complex

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Slide 22 - All Hail the Liver King

When it comes to detoxification, the liver is king! Because it participates in so many metabolic and detoxification pathways, it is important to keep this organ healthy. There are multiple doTERRA products and essential oils that provide superior support to the liver as well as other detoxification organs.

Slide 23 - Zendocrine Softgels

The Zendocrine Detoxification Blend is a key product for maximizing health of the liver, kidneys, colon and endocrine system. This product was recently reformulated to now include Tangerine, Juniper Berry, Cilantro, along with Geranium and Rosemary essential oils.

Slide 24 - Zendocrine Softgels 2

Each essential oil included in this blend has detoxification properties known to support the function and health of the liver and kidneys. The 3 main formulation changes include replacing Grapefruit with Tangerine and adding Juniper Berry and Cilantro essential oils. Juniper Berry has been clinically demonstrated to support the kidneys and offering renal protective effects. Cilantro was added to support chelating and elimination of heavier toxins from the body.

Slide 25 - GX Assist Oils

GX Assist is our next cleansing partner and contains a proprietary blend of Caprylic Acid and six essential oils. Caprylic Acid is a unique eight-carbon fatty acid with clinically demonstrated detoxification properties. Because of its lipophilic structure, it is able to easily penetrate cellular membranes of hostile organisms and eliminate them. GX Assist also contains 195mg of essential oils including Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme. The chemistry of these oils includes a variety of phenol, alcohol, and aldehyde type constituents that synergistically provide complete detoxification properties. The unique formulation of this product provides powerful ingredients for purifying and cleansing the digestive system.

It is recommended that 1-3 softgels be taken daily, with meals, for the second 10 days of your 30-day cleanse. This product can be taken on a monthly basis for a sustained benefit, or less frequently for targeted digestive health control.

Slide 26 - Toxins

Many toxins are fat soluble. The body has to deal with these toxins and the liver plays a major role. Often there is an excessive amount of toxins to deal with and as part of the body's natural immune response, these toxins are moved to fatty tissue in an effort to protect critical organs. Storing toxins in this way is a protective measure that dilutes toxins and prevents them from causing harm to other areas of the body. When this occurs, it is more difficult to lose fat because of the role it plays in an immune function. As a result it makes sense for your fat cells to do a detox too!

Slide 27 - GI Tract/Immunity

Our final area of focus is that of GI tract. The main function of the body's gastrointestinal tract is to metabolize the food we eat and excrete waste products; however, many people do not know that the GI

tract and the immune system are also inextricably linked. Because of its major role in absorption, **much of the body's immune function also occurs in the GI tract.** The body must be able to distinguish usable substances from harmful toxins. To accomplish this differentiation, the GI tract serves as a selective barrier that strictly regulates absorption and prevents toxins from entering the blood and lymph systems.

Slide 28 - GI Tract/Stomach

Within the stomach is gastric acid, a digestive fluid containing hydrochloric acid. This fluid is highly acidic with a pH of 1.3—that is comparable to the acidity of battery acid! Besides playing a key role in digestion, gastric acid is also important for in the body's immune system. This fluid is so powerful that is capable of killing most toxic microbes that have inappropriately entered the digestive tract.

Slide 29 - Intestinal Microflora

The digestive system is home to trillions of bacteria, collectively called microflora. The majority of these bacteria reside in the large intestine, but some are also found throughout the rest of the digestive tract.

Friendly bacteria are those with a known physiologic benefit. These bacteria assist in digestion, prevent the growth of harmful microbes, produce essential nutrients, breakdown indigestible substances, and participate in immune messaging. To maintain the health of the digestive system, it is crucial that the gastrointestinal tract be adequately populated with many friendly strains of bacteria.

Slide 30 - Threats to Microflora

Many lifestyle factors can threaten the integrity of intestinal bacterial colonies. It is important to avoid or limit exposure to these threats in order to maintain the health of the gut's microflora. Physical stressors, exposure to toxins, an unhealthy diet, traveler's exposure, and antibiotics can all damage friendly microflora or cause overgrowth of harmful strains as well as an anaerobic or low oxygen environment. If the microflora population becomes compromised, it can lead to many undesirable health consequences.

Slide 31 - Compromised Microflora

There are many symptoms associated with an unhealthy levels of beneficial microflora. Identification of these symptoms is an important first step in correcting the problem. Signs to look for include digestive discomfort, sensitivities, lack of energy, or an underactive immune system.

Slide 32 - Restart and Renew

Cleansing is a natural way to restore or maintain a healthy microflora population by simply changing the terrain. doTERRA's line of supporting supplements - TerraZyme, Zendocrine Complex and GX Assist help remove toxins from the digestive system. **Then**, PB Assist+ reestablishes healthy microflora colonization improving long term gut health. Let's take a look at how PB Assist+ is a superior formula.

Slide 33 - PB Assist

PB Assist+ is a blend of both pre and probiotics. Probiotics are living organics (such as bacteria) that live in the gastrointestinal tract and are known to provide health benefits. Prebiotics are indigestible substances (such as fiber or oligosaccharides) that foster an optimal environment for microbial colonization and stimulate microbial activity in the gut.

Slide 34 - PB Assist 2

PB Assist+ employs a unique double-layer capsule delivery system that provides both short-chain prebiotic fiber in that outer capsule and a time-release inner capsule with active probiotic cultures. This unique delivery system allows the probiotics to be released into the intestines where they will have the maximum benefit and will not be damaged by the harsh acidic environment of the stomach. The combination of prebiotic and probiotic cultures in a time-release single delivery system makes PB Assist+ truly unique!

Slide 35 - Probiotic Blend

The friendly strains of bacteria included in this product were carefully selected based on their demonstrated physiologic benefits to both the upper and lower intestines. Specifically, Lactobacillus bacteria promote healthy colonization and function in the small intestine, while Bifidobacterium bacteria promote healthy digestive and immune functions in the large intestines. Five billion CFU (Colony Forming Units) of six active strains of lacto- and bifido-probiotic cultures are included in this product. The time-release inner capsule protects the probiotic cultures from the harsh environment of the stomach delivering the active benefits of the cultures at full strength to the site of adhesion in the intestinal tract.

Slide 36 - Fructo-blahblahblah

FOS, or fructo-oligosaccharides, are indigestible fibers found naturally in fruits and vegetables that have the ability to selectively promote the adhesion and growth of friendly bacteria while discouraging the growth of harmful organisms. FOS also supports healthy absorption of calcium and magnesium, supports healthy blood glucose and cholesterol levels, and can suppress harmful enzyme activity in the bowel. Each capsule of PB Assist+ contains 50mg of beneficial FOS prebiotics. PB Assist can be utilized on a daily basis as part of a routine commitment to gut health. It can also be utilized with greater intensity in part three of the 30 day cleanse in an effort to restore optimal levels of gut flora for long term results. One to two capsules per day morning and/or night are an excellent partner to your detoxification success.

Slide 37 - DDR Prime 1

no notes

Slide 38 - DDR Prime 2

no notes

Slide 39 - Slim & Sassy 1

Another product to consider, especially during cleansing, is the Slim & Sassy Metabolic Blend. Not only does this powerful blend help control appetite and boost metabolism, but it helps manage the toxic load stored in fat tissue and released during weight loss.

Slide 40 - Slim & Sassy 2

The Slim & Sassy Metabolic Blend contains a proprietary blend of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils. The unique chemistry of these oils give them diverse functionality. Not only do they help manage appetite and lift the mood during dieting, but they can boost metabolism, support healthy insulin responses, and manage the toxic load of the body. The Lemon and Grapefruit oils in the this blend are particularly powerfully in their capacity to assist the body in effective detoxification of not only fat but fat soluble toxins.

Slide 41 - 30 Day Renewal

This quick reference chart compiles everything you have just learned into one easy to use 30-day protocol.

Make it a habit; an excellent thing to do every 90 day or so. For example in March, June, September and December.

Slide 42 - Healthy Inside Out

To make this program really easy, doTERRA has put together a kit with a total savings of \$86.99 which includes free shipping. Just fill out the voucher and turn it in to (the hostess) and your kit will shortly be on its way to you.

Slide 43 - The End