

RESOURCES FOR EAT RIGHT TIER

PRODUCTS

Daily Nutrition (2 options)

Life Long Vitality Pack

- 1) Life Long Vitality Pack (LLV)– 3 bottles of supplements come together in a box to provide you with your daily vitamins, minerals, omega 3 fatty acids together with essential oils, antioxidants, and other nutrients that support healthy cell function. We need these because our food supply does not have adequate nutrition anymore. This is my first recommendation for everyone who is not already experiencing the level of wellness they desire because without these nutrients, our bodies can't function properly and the body will start to compensate by robbing Peter to pay Paul. Eventually, symptoms show up from malnutrition like fatigue, lowered immunity, compromised organ function, and mood disorders just to name a few. With the nutrition in the LLV, we are building the foundation that supports our entire wellness lifestyle. This is designed to be coupled with healthy eating, not taken to try to counteract unhealthy eating. Having said that, greater nutrient intake is better than lesser nutrient intake. Something is better than nothing.

The big thing to remember is that these supplements are whole food supplements. That means that they are natural and not synthetic. Most of the supplements available are synthetic, thus the controversy over whether supplements are good or bad for you. If you are taking supplements already, please find out if they are whole food based or synthetic by doing your research or asking a professional like a naturopath. As we talked about in the cellular health video, synthetics cannot replicate nature and can have the opposite effect of taxing our systems rather than supporting them.

The LLV has a 30 day money back guarantee. This makes it easier to experience it without the financial risk. Once again, of all Doterra's products, even essential oils and I love essential oils, this is my number 1 recommendation of where to start.

If you are experiencing a low wellness level, start with half the recommended dose for at least the first month. When you give your body nutrition, it starts its natural detoxification process. People with high levels of stored toxins from synthetics do not want to do this too quickly because it can be too much for the body. I believe everyone can make improvements, but the combination of aging and chronic health problems means that the people who feel the worst have to be the most patient and work the longest to see the results they want. It makes sense that the more damaged the body is, the longer it will take to repair.

Following a plan and focusing on the actions for the day rather than focusing on wanting the results now is an opportunity to learn how to focus on the journey not the

destination. Life really is just the journey and we can set and meet certain goals along the way. It is safe to say that there is always another goal and no real final destination while we are still alive. FOCUS is everything. Focus on what you are doing today, and when those actions are in accordance with your plan, then they add up to progress. Recognize when your focus shifts to the past or future to see if it is helping you with an *Above the Line* process, or if that focus is wasting your precious energy by putting you *Below the Line*.

It is always better to do something small everyday than something big every once in awhile. **It is the consistent small steps that add up to big progress.** Again, always choose to do something rather than nothing. For instance, if you forget to take your supplements in the morning, don't give up for the day and say you will try again tomorrow. Take them at night because some nutrition is better than no nutrition.

Here are some links to help give you more information on the LLV (\$79.50 wholesale):

Informational Brochure (Ingredient lists are the last 3 pages)
<https://media.doterra.com/us/en/brochures/lifelong-vitality.pdf>

Video Explanation (17 minutes)
<https://vimeo.com/210549302>

Summary of a Doterra clinical trial:
<https://www.doterra.com/blog/science-research-doterra-lifelong-vitality-pack-clinical-trial>

Daily Nutrient Pack

- 2) Daily nutrient Pack-this contains the multivitamin and the omega 3 supplements BUT NOT the cellular vitality supplement. This is great for people who have plenty of energy most often experienced with teenagers and young adults. This costs less and even if you need the cellular vitality complex but can't squeeze it in right now money-wise, something is better than nothing! (\$59.50 wholesale)

\$ Saving Tip: When you are a Wholesale Customer and buy the LLV or Daily Nutrient Pack on the Loyalty Rewards Program, YOU CAN ADD 3 ADDITIONAL SUPPLEMENTS EVERY MONTH FOR ONLY \$20 each. This is an amazing way to support your body with affordable supplements. You can also purchase supplements for your children this way. It will cost \$25 to buy the children's chewables and omega 3 liquid, and you could even add up to 3 of those if you have multiple children.

Because I am on the Loyalty Rewards Program, I also receive \$27 back toward free products every time I buy my LLV and the additional 3 supplements. That actually reduces the cost down to \$113 for all six supplements. I use my points for nontoxic personal care products that I

would have to buy anyway like toothpaste, laundry detergent, shampoo and many more. Yes, I spend \$113 a month on supplements, but I generally spend zero at the doctors, I am not on any medications, and I have a great quality of life at 50 years old. I have budgeted for natural nutrition, including supplements, into my financial plan. You don't have to jump in whole hog and buy all of it right away, but you can focus on what you CAN do right now. **Small changes add up to big progress.**

Terrazyme

Terrazyme is Doterra's digestive enzyme supplement. If your digestion doesn't feel top notch, this is the first product to try in addition to the LLV. This product changed my life and resolved digestive issues I had had for years. As I explained above, if your food isn't digesting when it is in your stomach, the intestines cannot extract the nutrients to pass into your cells, and you experience the discomfort of having chunks of food that were supposed to be liquified in your stomach trying to make their way through your intestines. Bloating and gas are BIG CLUES that you may not have enough digestive enzymes. You can listen to this short video:

<https://www.facebook.com/doterra/videos/digestzen-terrazyme/10156451715004314/>

Product Information Sheet: <https://media.doterra.com/us/en/pips/doterra-terrazyme.pdf>

Key takeaway to create your POWER: if your food isn't being broken down in your stomach, then the nutrients can't all get to your cells. The minute your cells lack nutrients, your health begins to be compromised. **Digestive enzymes aren't optional, they are mandatory for healthy cells.** If you think you know this, can you actually feel that knowledge? Can you feel positive about wanting to get enough digestive enzymes like you can feel positive about wanting to get a good grade or be a certain weight? Are you feeling positive about it rather than just thinking positive about it? This is emotional understanding and this is what it takes to create your POWER to add to your WILL. Our POWER only understands feelings not words.

\$ Saving Tip: Add Terrazyme to your LLV on the Loyalty Rewards Program for only \$20 rather than buying it separately for \$37.50 and save \$17.50.

PB Assist (Probiotic)

Pb Assist is Doterra's probiotic. Probiotics can help to create healthy gut flora in our intestines. Without healthy gut flora the nutritional absorption from our intestines into our blood stream is compromised AND a large part of our immune system is compromised because the gut is where harmful toxins, allergens and microbes are weeded out.

Product Information Sheet: <https://media.doterra.com/us/en/pips/doterra-pb-assist-plus.pdf>

PB Assist Jr

There is also a probiotic for kids or for adults that can't take capsules. It is actually delicious and you pour it in your mouth like a pixie stick. My kids beg me for it. Processed foods and

medications are compromising many childrens' gut health which can lead to cognitive and emotional issues like ADD, depression and anxiety. Childrens' brains cannot develop cognitively or emotionally without all the nutrition they require. The nutrition cannot make it to their brain if it is not passing from the intestines to the blood stream. In addition to giving your kids the whole food supplements and providing them with more whole foods, a probiotic may be a crucial tool to add to a child's plan if they are experiencing any of these issues. Even if they are not having symptoms, a probiotic can help maintain healthy gut flora levels to make sure they don't. Processed food is everywhere for kids, every time we turn around there is an opportunity for them to take it in no matter how good we are at home.

Key takeaway: Healthy gut flora is not optional, it is mandatory for healthy cells. Without it we can't absorb nutrition properly, make certain critical vitamins, and fuel a large part of our immune system. Check into seeing if you are creating an emotional understanding of the importance of healthy gut flora? If not, you can choose to continue learning about it and see if you want it to become part of your plan.

\$ Saving Tip: You can add PB Assist to your LLV for \$20 rather than paying \$34.50 for it separately and save \$14.50.

Terragreens

Terragreens- looking for something to have for breakfast? You can load great nutrition into a smoothie and Terragreens is an easy, nutrient packed scoop of powder to put in it. I put a scoop in mine every time.

Product Information Page: <https://media.doterra.com/sg-otg/en/pips/terragreens.pdf>

Key takeaway: remember that food is fuel, not a way to meet our need for variety, comfort, or sinful pleasure. When you are eating just whole foods, your choices are a lot more limited. So what are you going to eat for breakfast and how much fuel will it give you? Terragreens adds another whole food option for you.

Trim Shake

Trim Shake- here is another whole food option for you with some patented ingredients to help with healthy weight management, including reducing cortisol which is one of our stress hormones that can play a huge role in weight issues. It can be used as a meal substitute or as a nutritional supplement. I add a scoop along with the Terragreens to my breakfast smoothie. It comes in vanilla, chocolate and a vegan form. Sometimes they come out with new flavors too. The Doterra product blog has lots of great smoothie recipes for Trimshake so that what you are drinking tastes good!

Short Video: <https://www.youtube.com/watch?v=KVeziysY0j8>

Product Information Page: <https://media.doterra.com/us/en/pips/doterra-slim-and-sassy-trimshake.pdf>

Slim & Sassy

Slim & Sassy products-this essential oil blend helps to balance blood sugar and reduce cravings. If cravings are sabotaging your nutritional goals, here is tool. You can buy the oil and put a few drops in your water several times a day, buy it in a softgel form with the oil already in it, and even keep slim & sassy gum in your purse or car for when you are out and about.

Short Video: <https://www.youtube.com/watch?v=RgUubTCuXkU>

Look for the oil, softgels and gum in the Shop section of your wholesale website.

OTHER RESOURCES

*Local farmer's markets, farm shares, natural food stores, growing a garden.

*Netflix documentaries on food are a great way to help you formulate beliefs.