

LIVING

this issue's makeover...
your medicine
CABINET!

PAGE 16

SUPER-IMMUNITY
 a guide to
 immune
 health

PAGE 20

to date
they've lost
60lbs each!
 meet our
 Slim & Sassy®
 Weightloss
winners

PAGE 11

women's health:
 a simple guide

PAGE 24





women are unique

and so are their nutritional needs

Specially formulated to support bone health and balanced hormones to give your body everything it needs to feel and look your best.

INTRODUCING

dōTERRA Women Bone Nutrient Lifetime Complex, Phytoestrogen Lifetime Complex, and Solace™ Essential Oil Blend





IN THIS ISSUE



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dōTERRA PRODUCT GUIDE, *see pages 26–31*
a quick shopping reference for all products



Ask Dr. Hill

Q How can I use essential oils to manage my moods during the hectic holiday season?

A: We live in a time where anxiety and stress are a real part of everyone’s life. I recommend diffusing oils in the home or office frequently to help manage mood. Since people have a wide range of emotions they experience, there are many different oils to choose from. For example, Serenity calms and relaxes, Citrus Bliss invigorates, and Balance has a grounding effect.



BALANCE GROUNDING BLEND
item NO. 3101
retail price: \$26.67



CITRUS BLISS INVIGORATING BLEND
item NO. 3102
retail price: \$20.00

See more essential oils on page 26

LOTUS DIFFUSER
item NO. 3301
retail price: \$119.95

Q Are dōTERRA essential oils organic?

A: Organic by its very word infers that something must be natural; but that term has changed, developed, and morphed into other definitions. dōTERRA has not worried so much about the question, “Is it organic?” as much as we have focused on the following questions. “Are the essential oils that we produce pure? Are they 100% natural? Do they contain all of the compounds just as originally formulated within the plant that are naturally occurring without any change and without any additional compounds being added in?” So in the true sense of the word, we could say that dōTERRA essential oils are more than organic. Essential oils as certified by dōTERRA contain the full and complete profile just as it was found in the plant. Each is tested to be free from pesticides and other harmful chemicals that people are trying to avoid when they choose organic.

LEARN MORE ABOUT OIL PURITY ON PAGE 6

Q How can I keep myself healthy during the winter months using essential oils?

A: In a model of prevention, there are many ways in which you can keep yourself healthy during the winter months. One of the most powerful things you can do is wash your hands often. Washing your hands with On Guard® Foaming Wash is an excellent choice due to its blend of essential oils that are naturally antibacterial. Secondly, diffusing oils on a daily basis decreases our exposure to airborne pathogens, thus eliminating germs. Anytime we eliminate germs, we reduce our likelihood of getting ill. By nature, the On Guard blend is very effective against many types of unwanted microorganisms. Finally, rubbing essential oils such as On Guard to the bottoms of the feet or in a capsule works to support your body’s immunity.



ON GUARD® PROTECTIVE BLEND
item NO. 3110
retail price: \$42.67



**DR. DAVID HILL,
CHIEF MEDICAL ADVISOR**

Dr. Hill is well known throughout the industry as a premier knowledge expert on wellness and essential oils. Dr. Hill is a licensed practitioner of chiropractic medicine and current Chairman of dōTERRA’s Scientific Advisory Board.



Have a question for Dr. Hill?
send it to questions@doterra.com



GIVING BACK IS ESSENTIAL

Healing Hands

dōTERRA's HEALING HANDS FOUNDATION seeks to bring healing and hope to the world, for lives free of disease and poverty, and to ultimately teach impoverished cultures how to be self-reliant.

The dōTERRA Healing Hands Foundation is supported by contributions from our Independent Product Consultants, Retail and Preferred Customers, Company Executives and Employees, and others who share our vision. Donations are collected through monthly contributions, as well as one-time contributions.

How can you help?

- Set up a donation through our Loyalty Rewards Program and open the door to a brighter future for someone every single month. Log onto mydoterra.com Virtual Office and select Loyalty Rewards Orders, then edit Loyalty Reward items to include a monthly dōTERRA Healing Hands Foundation contribution of \$1, \$5, \$25, \$100, or \$300.
- Become a dōTERRA Healing Hands Foundation Emissary of Hope by donating \$300 over the course of a year. Each Emissary of Hope will receive a special pin and bracelet charm as recognition of their commitment to embrace the mission of the Healing Hands Foundation.
- Take it a step further and become a dōTERRA Healing Hands Foundation Ambassador of Healing. To qualify, first achieve Emissary of Hope status, then inspire at least three personally enrolled members of your team to also become Emissaries of Hope. Each Ambassador of Healing will receive a pin and bracelet charm and recognition in our Essential Leadership magazine and online recognition page.
- See our Healing Hands Lotion on the back cover of this magazine.

dōTERRA Healing Hands Foundation has donated over \$260,000 to aid impoverished and natural disaster-stricken communities.



Girls from the village



For more information visit: doterrahealinghands.com

FROM FIELD to FRONT DOOR



How dōTERRA® Essential Oils Are Sourced, Extracted, Tested and Applied



1 Sourcing

Knowing which of the many different species of a given plant will provide the most profound therapeutic health benefits is the first step in producing a Certified Pure Therapeutic Grade (CPTG®) essential oil. Relying on the expertise of botanists, chemists and wellness practitioners, botanical materials are carefully selected for their natural concentrations of active aromatic compounds.

Nurturing plants in the most favorable environment and carefully harvesting and transporting plant material for processing ensures an optimal yield of pure and potent essential oils. Spanning the continents of the globe, dōTERRA's exclusive network of growers and harvesters are experts at cultivating plants specific to the essential oil industry.

2 Extraction

Extracting essential oils, also called aromatic compounds, from plants is a delicate and complex process. The composition of essential oils makes them very vulnerable during extraction because they evaporate easily and can be compromised. The careful extraction of essential oils is as much an art form as it is a science.

Essential oils are most often extracted from plants through distillation, a process in which steam is circulated under pressure through plant material, thus liberating the plant's aromatic compounds into the steam. As the steam cools, the mixture condenses and the essential oils are collected in their pure form. Too little heat and pressure will not release the aromatic compounds of a plant, while too much can alter the delicate chemical composition and potency of the extract.

"I have used essential oils for 18 years. Before using dōTERRA, I would have to cross my fingers when recommending an oil from another company for something, because I never completely trusted they would work. When I started using dōTERRA, I noticed each oil I used on my family or shared with others worked like it was meant to every single time. What a difference Certified Pure Therapeutic Grade makes!"

—SANDY TRUMAN



IT TAKES OVER 60 POUNDS OF LAVENDER FLOWER TOPS TO PRODUCE JUST 16 OZ. OF THERAPEUTIC-GRADE ESSENTIAL OIL. 



Too little heat will not release the aromatic compounds of a plant, too much can alter the chemical composition and potency of the extract.



Knowing which species of plant will provide the most therapeutic health benefits is the first step in producing a Certified Pure Therapeutic Grade® essential oil.



CPTG® testing standards ensure 100% pure essential oils are free of synthetic, harmful, or heavy metals, pesticides, or other non-aromatic plant compounds.



Essential oils have profound health benefits in the hands of experienced and inexperienced users alike.

3 Testing

Each batch of CPTG® essential oils is subjected to independent GC/MS (gas chromatography/mass spectrometry) testing to ensure both purity and potency. CPTG® testing standards ensure dōTERRA's 100% pure essential oils are free of synthetic, harmful, or foreign constituents such as heavy metals, pesticides, or other non-aromatic plant compounds.

dōTERRA essential oils are also tested for potency to ensure each extract contains the complex blend of aromatic compounds, at potent levels, naturally occurring in the source plant. While two essential oil extracts may be pure, they may differ dramatically in their active constituents depending on plant selection, growing and harvesting methods, and distillation techniques. Ensuring correct composition of a CPTG® essential oil requires both precise testing and accurate interpretation of results by credentialed chemists with expertise in essential oils.

4 Application

dōTERRA's commitment to providing CPTG® essential oils to the world includes teaching and facilitating the responsible use of essential oils in health applications. Essential oils have been used for centuries in many cultures for their medicinal and therapeutic benefits and have profound health benefits in the hands of experienced and inexperienced users alike. dōTERRA works closely with healthcare professionals of traditional and alternative medicine, and collaborates with universities and other research institutions to encourage continued study and application of essential oils in modern healthcare practices. These activities are further enhanced by dōTERRA's global network of Independent Product Consultants who contribute to an ever increasing user knowledge of the many wellness applications of CPTG® essential oils.

The careful extraction of essential oils is as much an art form as it is a science.



what's FRESH

See what's new from dōTERRA



1 ON GUARD NATURAL WHITENING TOOTHPASTE:

dōTERRA's fluoride-free toothpaste provides the protective benefits of therapeutic-grade On Guard blend, along with myrrh and peppermint essential oils, against germs and other harmful pathogens, while also reducing plaque, and whitening teeth with gentle polishing agents. This toothpaste's unique cinnamon-mint flavor, with xylitol, also leaves breath (and your toothbrush), fresh and clean.

no. 3891
\$11.33 retail
4 oz./113 g



2 FENNEL (SWEET) ESSENTIAL OIL:

Used for centuries for its many health benefits, fennel essential oil has pronounced antioxidant properties and is considered a tonic. It is often used to relieve indigestion (supporting the healthy functions of the stomach), aiding in any kind of digestive trouble and to support improvements to the lymphatic system. Fennel's sweet yet spicy aroma is balancing and may bring to mind licorice.



no. 4129
\$20.00 retail
15 ml



None of the Bad

dōTERRA'S "NONE OF THE BAD" INGREDIENT PHILOSOPHY

When formulating skin care and personal care products, dōTERRA will NEVER use the following:

Artificial colors	Sodium laureth sulfate (SLES)
Diethanolamine (DEA)	Sodium lauryl sulfate (SLS)
Formaldehyde donors	Toluene
Parabens	Triethanolamine (TEA)
Phthalates	Animal testing
Propylene glycol	



◀ FORMULATED WITH
dōTERRA'S TOP SELLING
DEEP BLUE®
ESSENTIAL OIL BLEND!

no. 3890
\$39.00 retail
4 oz.

3

DEEP BLUE RUB: dōTERRA's Deep Blue Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 ml of dōTERRA's top-selling Deep Blue essential oil blend of wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA's Deep Blue essential oil blend.



SKIN CARE

ORDERING INFORMATION

1 HYDRATING CREAM

The intensive moisture your skin has been waiting for, dōTERRA's Hydrating Cream is packed with emollient-rich ingredients and effective anti-aging combatants for smooth and luxuriously-hydrated skin. Its creamy formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to assist regeneration of mature skin, as well as helping to reduce the visible signs of aging due to both natural and environmental causes. dōTERRA Hydrating Cream aids in strengthening the dermis and restoring balance to the skin for a more youthful and glowing appearance. Perfect for use day or night.



no. 3716
\$46.00 retail
1.7 oz.

2 CLEAR SKIN FOAMING FACE WASH

Designed to thoroughly cleanse the skin of impurities without stripping natural moisture, dōTERRA's Clear Skin Foaming Face Wash is scientifically formulated to create a harmonious balance for beautifully clear skin. This gentle cleanser gives skin a spa-like treatment with light foaming action and a fresh scent. A powerful yet gentle combination of Certified Pure Therapeutic Grade® Essential oils, blended with other key ingredients, are a perfect solution for problem skin of all ages.



no. 3718
\$21.00 retail
1.7 fl. oz. / 50ml

3 CLEAR SKIN **new formula!** ESSENTIAL OIL TOPICAL BLEND

With a unique blend of essential oils including rosewood, melaleuca, eucalyptus globulus, geranium and lemongrass, along with black cumin seed oil, dōTERRA's Clear Skin topical blend creates an environment unfriendly to bacteria and microbes that cause unsightly and persistent reactions in the skin. Beneficial properties include controlling overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation. It's the answer to troubled skin.



CLEAR SKIN SET

The perfect pair of Clear Skin products together at a great price. **no. 3719 \$40.00 retail**



no. 3718
\$21.00 retail
1.7 fl. oz. / 50ml

WOMEN'S HEALTH

1 PHYTOESTROGEN LIFETIME COMPLEX™

dōTERRA Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life. Phytoestrogen Lifetime Complex include a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes a concentrated extract of flax seed lignans to help manage potentially harmful metabolites that are produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue and other body structures and functions as a women ages.*



no. 3526
\$52.67 retail
60 capsules

2 BONE NUTRIENT LIFETIME COMPLEX™

Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA's Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health including vitamins C and D, calcium, magnesium and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.



no. 3524
\$23.33 retail
120 capsules

3 SOLACE™ MONTHLY ESSENTIAL OIL BLEND

dōTERRA's Women Solace is a proprietary blend of Certified Pure Therapeutic Grade® essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause.* Solace is a topical blend of clary sage, lavender, bergamot, Roman chamomile, cedarwood, ylang ylang, geranium, fennel, carrot seed, palmarosa and vitex that provides temporary respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.



no. 3527
\$32.67 retail
10 ml





dōTERRA's Lifelong Vitality Supplements

dōTERRA's lifelong vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with dōTERRA's CPTG Certified Pure Therapeutic Grade® essential oils and a lifelong commitment to dōTERRA's wellness lifestyle, they naturally support a lifetime of looking, feeling, and living younger, longer.

LIFELONG VITALITY PACK INGREDIENT HIGHLIGHTS

- Powerful cellular longevity blend of Boswellic Acids, Baicalin, Silymarin, Resveratrol, Curcumin, Ellagic Acid, and Proanthocyanidins from Grape Seeds
- Potent levels of metabolic factors of cellular energy and performance: Bacopa Extract, Acetyl-L-Carnitine, Alpha-Lipoic Acid, Coenzyme Q10 and Quercetin
- Certified Pure Therapeutic Grade essential oil blend of Clove, Frankincense, Thyme, Cumin, Orange, Peppermint, Ginger, Caraway and German Chamomile
- Proprietary omega fatty acid blend of Marine Lipids (now with more EPA/DHA), Flax Seed, Borage Seed, Cranberry Seed and Pomegranate Seed oils delivered via a Nanosomal Lipid Assimilation System™ in a vegetable liquicap
- Balanced blend of whole-food vitamins presented in a patented glycoprotein matrix and whole-food minerals as yeast delivered via a patented Enzyme Assimilation System™ (now with more Vitamin D per Lifelong Vitality Pack)
- Additional carotenoid antioxidant protection from Lutein, Lycopene, Natural Alpha and Beta Carotene and now with Astaxanthin
- dōTERRA's Tummy Tamer™ digestive blend of herbs and digestive enzymes



dōTERRA®

2011 SLIM & SASSY® WINNERS



At the beginning of 2011, dōTERRA issued a three-month wellness challenge using our Slim & Sassy weight management program. Contestants were asked to submit their weight, measurements, and a photo before and after the contest, as well as a summary of their unique story. Winners were selected based on their overall experience, and not primarily how much weight they lost. Our grand prize winners, Ruth Rhodes and Tad Hansen, each received an award package including \$1,000 cash, a stay at the Zermatt Resort with accompanying spa treatments, a makeover, a photo shoot, a supply of Slim & Sassy products, and tickets to our EMPŌWER 2011 Celebration and Training Conference. Read on to learn more about their amazing achievements and receive tips for achieving your own weight loss success.

**New contest begins
January 1, 2012.**

Details available online December 15th at iamslimandsassy.com



**SLIM & SASSY® ESSENTIAL OIL
METABOLIC BLEND**

3137 \$32.67 retail 15 ml bottle

SLIM & SASSY® TRIMSHAKE™

CHOCOLATE 3520 **\$52.67 retail** 20 serving canister
VANILLA 3518 **\$52.67 retail** 20 serving canister

winner #1

RUTH RHODES

LOST 42 LBS AND 29 INCHES



Ruth's Secrets to Success

"I didn't do a strict diet, a strict regime, or have a big plan. That doesn't work with what I have going on right at home with my family, but I did what I could, and anyone else can do it too. If you are able to just take Slim & Sassy drops with water; if you are just able to rub it on you troubled areas, do what you can. Whatever you can do, every little bit helps."



"Just keep doing it—don't stop—don't hesitate—don't question. You have nothing to lose. You're only losing when you don't try."



Why this outfit works:

Ruth's curvaceous new shape is enhanced by flattering new clothing. This sassy dress has a form-fitting cut, which emphasizes Ruth's new, hourglass shape. The slimming black color is contrasted with charcoal paneling running down the front of the dress, drawing the eye vertically and creating the illusion of height. Her look is completed with a pair of elegant black heels that add length to her legs.



SLIM & SASSY ESSENTIAL OIL METABOLIC BLEND

3137 \$32.67 retail 15 ml bottle

SLIM & SASSY TRIMSHAKE™

CHOCOLATE 3520 \$52.67 retail 20 serving canister
 VANILLA 3518 \$52.67 retail 20 serving canister

How She Did It

Ruth's successful regimen consisted of starting off the day with a TrimShake and then eating lots of fruit. Next, she'd take 10 - 15 Slim & Sassy drops before lunch and dinner to help curb her appetite, so she could eat smaller portions while feeling satisfied. At night, if she craved dessert, she'd have another TrimShake as a treat.

Try it Topically

"I had awful cellulite all down the back of my thighs to my knees, and I heard you could apply Slim & Sassy topically to help troubled areas. While I was drinking Slim & Sassy twice a day, I would rub some on the backs of my thighs. I said, 'Why not? What's the harm in trying?' Now, I don't mind wearing a swimsuit."

Introducing Ruth Rhodes

I'm Ruth Rhodes, I'm 28 years old, and I'm a single mom of four little kids. My oldest is 6 years old and my baby is 15 months old. I love the life of a mom, hanging out at home, and cooking dinner. I also run a bakery out of my house.

How were you introduced to dōTERRA?

My good friends, BJ and Sunny Thomas, felt inspired to share dōTERRA with me. They didn't know I was interested in natural healthcare, but this was something I'd been looking for, for a long time.

What motivated you to lose weight and participate in the Slim & Sassy contest?

I'd been having a hard time with my weight after having four kids, and my body was not the same anymore. I'd been separated from my husband and was just trying to work through things as a single mom.

I kept eating and eating, and the pounds kept rising, until I was 100 lbs over what I used to be. I was craving and gorging food all the time, and I just couldn't figure out how to get myself under control.

When I was introduced to the oils, I received a little sample of Slim & Sassy. Within 2 days of taking the drops, I realized I didn't really want to eat after 8 o'clock. Instead of having a whole tub of ice cream, I'd just eat a normal sized bowl. There were more little things like that, and I could see that this was a good thing.

What were some of your biggest challenges while doing this program?

One of the biggest challenges I had was getting to the gym. I have four kids and no one to babysit. So I'd take little walks with the kids and try to do some workout videos, but the kids were jumping all over me while I was trying to exercise. Fitting in exercise was really hard, so the big key was taking Slim & Sassy every day.

How has winning this contest changed your life?

Slim & Sassy made me feel that I can take control of myself. I have the strength and power to do whatever I want and whatever I need for myself and my family. This journey is helping me move forward and upward in life. I'm trying to empower myself and other people.

**New contest begins
January 1, 2012.**

Details available online December 15th at iamslimandsassy.com

Ruth before



TO DATE

Ruth has gone from a size 18 to a size 10, and lost 10 inches from each thigh.



Ruth after

"Slim & Sassy made me feel that I can take control of myself. I have the strength and power to do whatever I want and whatever I need for myself and my family."



RUTH'S MAKEOVER BEAUTY TIPS

get this look!

- 1 ADD LIFT**
ADD VOLUME WITH CURLERS. Roll hair, spray with styling product, and let set. Remove and shake out hair for exceptional volume.
- 2 LASH OUT**
POWDER YOUR LASHES. Lightly dust face powder between coats of mascara to thicken lashes.
- 3 PREP SKIN**
DRINK PLENTY OF WATER! Water hydrates the skin from the inside out. Add drops of Slim & Sassy or other essential oils for added benefits.

winner #2

TAD HANSEN

LOST 33 LBS AND 16 INCHES

Tad before



Tad's Secrets to Success

"For me, one of the biggest differences was that I was mentally ready to make the decision. Once you take that first mental step, the rest can be worked out."



"I went from being at my heaviest point and in the worst shape of my life, to being in the best shape of my life."



Why this outfit works:

Tad's fit and muscular body is now emphasized with his sharp new business attire. His dress shirt is properly fitted with a close cut to his body for a streamlined look. His flat front pants replace the paunchy look of his former pleated elastic pants.



How He Did It

First, Tad made the mental commitment to lose weight. He cut out junk food and replaced his caffeinated citrus soda with water infused with lemon and lime essential oils. He replaced his diet with six small meals. He had a TrimShake for breakfast; a midmorning snack of apples, almonds, or an egg; a large salad with lean protein for lunch; fish or chicken and vegetables for dinner; and another TrimShake after working out. He also took five drops of Slim & Sassy anytime he felt hungry (about five times a day) to curb his appetite.

That Was Then, This is WOW!

"I haven't had this waistline for almost 20 years, since back in college, and the amazing part is this only took four months."

**New contest begins
January 1, 2012.**

Details available online December 15th at iamslimandsassy.com

Introducing Tad Hansen

I'm Tad Hansen, and I'm a computer consultant. I'm also a husband and a father of four kids, so my wife and I are very busy.

How were you introduced to dōTERRA?

Some good friends of ours, Curt and Carol Ann Guest, invited us to dinner and showed us the oils. They mentioned the Slim & Sassy oil, and I was really interested because I was looking for something that would help me lose weight.

What motivated you to lose weight and participate in the Slim & Sassy contest?

When I looked in the mirror, I didn't like what I saw. I was out of shape and tired. None of my clothes fit and I was not going to buy new clothes. Also, my wedding ring became so tight that I had to have it cut off last year.

Why were you successful at losing weight this time compared to past attempts?

For me, one of the biggest differences was I was ready mentally to make the decision. Once you take that first mental step, the rest can be worked out. The problem with losing weight is you've got to eat fewer calories than you're burning. When I had done that in the past, I was always hungry. I ended up overeating because I was starving to death.

This time, when I took the Slim & Sassy with the TrimShakes, I never felt hungry. I felt great all the time. It was just so easy to do it.

How much was exercise a part of this?

For the first three weeks I didn't exercise, but later decided I needed to start going to the gym. The first day I thought I was going to die. For anyone just beginning to exercise, don't give up because the first time can be brutal. After I made the decision to keep going, I went almost daily. I do cardio for about 30-45 minutes and then lift weights.

How has winning this contest changed your life?

I went from being at the heaviest point and in the worst shape of my life, to being in the best shape of my life. I'm now doing the same things and I'm in the same great shape I was in college, and it only took me four months.

"My results have been astonishing. Not only did I change my body, but I changed my outlook on everything. I have committed to never allow myself to slide back to where I was just two short months ago. The excitement over my own results has led to a desire to share my life-changing experience with everyone. Now that the contest is over, I simply view it as part one of my new journey and I am looking forward to part two."



Tad after



TO DATE
Tad has lost over 65 lbs



TAD'S TIPS FOR BUILDING LEAN MUSCLE

1 **THINK SMALL**
EAT SIX SMALL HEALTHY MEALS. Eating throughout the day keeps your energy up and hunger down. TrimShakes can be counted as a meal.

2 **MOVE IT**
COMBINE CARDIO AND WEIGHT LIFTING. This combination burns fat, builds muscle, and keeps the heart healthy.

3 **LESS IS MORE**
EAT LEAN PROTEIN & VEGGIES. You'll be able to eat large volumes of food with fewer calories.



MAKEOVER MY MEDICINE CABINET



SPACE can be a precious commodity in a home,

and the medicine cabinet is no exception. Between beauty products and a vast array of over-the-counter drugs available, it can be a challenge deciding what stays and what goes. The solution is simpler than you might think. dōTERRA® offers a large selection of natural wellness products for a customizable health and beauty routine that's right for you. Our CPTG Certified Pure Therapeutic Grade® products contain only the purest ingredients (see pages 6-7), and our packaging is simple for a clean and clutter-free appeal.

So go ahead, give that medicine cabinet a much-needed makeover!



Making the Switch...

- 1 instead of...
Pain/Headache Medicine
try PastTense®

- 2 instead of...
Nasal Decongestant
Cold/Flu Medicine
Allergy
try Breathe

- 3 instead of...
Cough Suppressant
try rosemary

- 4 instead of...
Anti-Itch Lotion
Sleeping Aids
Burn Cream
Cuts/Scrapes Disinfectant
try lavender

- 5 instead of...
Mouthwash
try peppermint

- 6 instead of...
Immune System Boost
Sore Throat Medicine
try On Guard®

- 7 instead of...
Upset Stomach Medicine
Heartburn Medicine
try DigestZen®

- 8 instead of...
Sterilizing Agent
try Purify

- 9 instead of...
Fluoride Toothpaste
try On Guard® Toothpaste

- 10 instead of...
Muscle Pain Cream
try Deep Blue®

- 11 instead of...
Athlete's Foot/Anti-fungal Treatment
try melaleuca

- 12 instead of...
Wart Removal Medicine
try oregano

- 13 instead of...
Synthetic Facial Products
try our skin care collection



GREAT MUTLI-PURPOSE OILS

Lavender	3011	\$28.00 retail
Lemon	3012	\$13.33 retail
Peppermint	3019	\$27.33 retail

DISCLAIMER: The information in this handout is intended for education purposes only, the statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician. These suggested uses apply only to CPTG Certified Pure Therapeutic Grade® essential oils.

ENERGIZING, VITALIZING, BALANCING FENNEL

You may have used fennel for cooking without giving much regard to just how many benefits this extraordinary plant offers. It may look like celery and taste like anise, but that's where the comparison ends.

READ ON TO LEARN ABOUT FABULOUS FENNEL.

A History of Fennel

According to Greek mythology, Prometheus smuggled fire to humans inside the hollow wand of a fennel stalk.

Roman writer and scientist Pliny the Elder believed in its medicinal properties, and had at least 22 remedies linked to it.

Charlemagne made fennel an essential vegetable in every imperial garden.

In medieval times, fennel was used to protect against witchcraft and evil spirits.

Puritans chewed fennel seeds during worship services, and to help stave off hunger during fasts.

Source: npr.org

According to the Lagone Medical Center at New York University, the herb fennel has a long history of use as both food and medicine. Traditionally, it is said to act as a carminative, a term that means that it helps the body expel gas. Other traditional uses include increasing breast milk production, easing childbirth, soothing cough, promoting menstrual flow, soothing indigestion, and enhancing libido. Fennel is also a common ingredient in "gripe water," a traditional preparation used for treating infant colic.

Fennel essential oil showed antioxidant properties and was effective at killing several different types of bacteria and fungi, in a study published in the February 2011 journal "Molecules."

A type of antibiotic-resistant bacteria may be responsive to treatment with fennel essential oil, according to a study published in the May 2009 "Pakistani Journal of Biological Science." In the study, fennel oil was effective against 48 different cultures of *Acinetobacter baumannii*, a bacteria that causes respiratory infections and is a problematic infection in hospital settings. The researchers concluded that fennel oil shows promise as an antimicrobial agent against *Acinetobacter baumannii* and urge further studies to confirm their results.

Sources: www.livestrong.com, www.med.nyu.edu

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



QUICK TIPS

ESSENTIAL HOME

ENHANCE HOMEKEEPING WITH ESSENTIAL OILS



fresher laundry

Place a few drops of your favorite essential oil onto a small piece of terry cloth and toss into the clothes dryer while drying. Add 5 drops essential oil to 1/4 cup fabric softener or water and place in the center cup of the washer.



deodorize

Put a few drops of your favorite essential oil on a cotton ball and place it in your vacuum cleaner bag. Lemon and Purify are nice. Geranium helps with pet odors.



restful sleep

Place 1 or 2 drops of sleep-enhancing oils such as lavender or Serenity on your pillow before retiring for restful sleep.



deter pests

Are mice a problem? Place several drops of peppermint oil on a cotton ball and place in problem locations.

Source: sharedoterra.com

essential tips

everyday solutions for better living

DEODORANT RECIPE USING ESSENTIAL OILS

Take a 10ml roll-on and add 1/3 dōTERRA Purify; 1/3 clary sage; and for the final 1/3 equal parts frankincense, lemon, lavender, and patchouli. Roll under your arm, but remember it is gravity fed so you have to angle it down.

Purify will inhibit bacterial growth, and help the body detox all the "stuff" you have already stored away. Clary sage inhibits body odor and will help brighten your mood (a great way to start the day). Frankincense is my daily use oil, so it makes good sense to include it in something I use on a daily basis, like deodorant. It enhances the effects of all the oils. Lavender is calming and good for the skin - I guess I like baby soft armpits. Lemon helps to purify, fight bacteria, and I like the smell. Finally patchouli (this was for me, it helps me stay focused). However, it doesn't need to be patchouli, what you need is a "low tone" oil. In other words a thicker grounding oil. This will help the other oils stay active longer and be absorbed slower. Think of it like time-release. Some good options might be sandalwood, myrrh, patchouli, or vetiver.

by Dr. Matthew Hales, Independent Product Consultant

SUPER DEFENSE BLEND

- 32 drops clove
- 32 drops thyme
- 32 drops oregano
- 32 drops eucalyptus
- 24 drops rosemary
- 24 drops cinnamon bark
- 24 drops lemon
- 16 drops frankincense
- 16 drops myrrh
- 12 drops patchouli
- 16 drops melissa

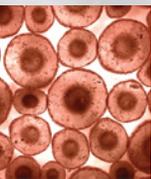
Combine essential oils in an empty 15 ml. bottle (it will make a full bottle). This blend can be taken internally in a capsule by adults to help combat sickness and also to build the immune system. FOR CHILDREN: Fill a glass roller-bottle two-thirds full of Super Defense Blend and then fill to the top with carrier oil such as fractionated coconut oil. Rub on the bottoms of feet daily as a preventative measure.

by Connie Boucher, LMT, Independent Product Consultant

share your tip!

email editor@doterra.com with your favorite essential oil recipe, idea or time saver, and if we print it, we'll send you a bottle of frankincense.





SUPER IMMUNITY

Get to know your body's ultimate line of defense

Your body has an amazing defense system specifically designed to guard you against millions of bacteria, microbes, viruses, toxins and parasites all laying siege to invade your body. You probably wouldn't give much thought to it, except that occasionally it becomes run down and you get sick.

What is this amazing system?

It's your immune system, and to understand its power, all you have to do is observe what happens when something dies. After death, the immune system shuts down and in a matter of hours the body is invaded by all sorts of bacteria, microbes and parasites until it decomposes. None of these things are able to get in when your immune system is working, but the moment your immune system stops the door is wide open. As you can see, keeping the immune system in top shape plays a huge role in maintaining good health.

Give your immune system a boost

REDUCE YOUR STRESS

Studies show a steady stream of stress can weaken your immune system. Reduce your stress by avoiding whatever stressors you can. Take the time to relax and do things you enjoy.

EAT YOUR ANTIOXIDANTS

Eating plenty of fruits and vegetables can help you get a healthy dose of antioxidants, which can help protect your cells from free radicals and molecules that can damage cells.

TAKE YOUR VITAMINS

A daily multivitamin will help ensure that your body is getting all of the building blocks for a healthy immune system. Some nutrients that may be especially important for immune system health include selenium, vitamins A, C, D, and E, zinc, and magnesium.

Check out our Lifelong Vitality Supplements on page 30

USE ESSENTIAL OILS

Essential oils are naturally antimicrobial and can be used to clean counter tops and doorknobs or diffused to purify stale air. Additionally, essential oils can be used topically for skin infections, gargled for sore throats and coughs, or internally as directed to boost your body's own natural defenses. Used aromatically, essential oils can also reduce stress, which is a key contributor to weakening the immune system.

AVOID PROCESSED FOODS

Processed foods such as fast foods, snack foods, candy, and soda don't provide much in the way of vitamins, fiber, or other nutrients. And they often contain high levels of sugar, and other additives and chemicals that are not good for your body. Choose nutrient-rich foods such as vegetables, fruits, and whole grains.

KEEP YOUR BODY MOVING

One simple way to strengthen your immune system is by exercising. Getting regular exercise can also reduce stress and help lower your risk of osteoporosis, heart disease, and certain types of cancer. Exercise moderately a few times a week.

GET A GOOD NIGHT'S SLEEP

Without enough sleep, your immune system may not have the resources it needs to fight off illness. Most adults need about seven to nine hours of sleep each night.

WASH YOUR HANDS

One of the easiest ways to help your immune system fight illness is to wash your hands regularly. It's also one of the best ways to keep yourself and others healthy. Be sure to use soap and clean, running water, and wash for at least 20 seconds. If you don't have access to soap and water, use an anti-microbial oil, such as On Guard.

Sources: www.howstuffworks.com, www.webmd.com



FOR AROMATIC, TOPICAL, OR DIETARY USE

ON GUARD®

ON GUARD IS dōTERRA'S UNIQUE, *proprietary blend formulated to support healthy immune function.* A combination of wild orange, clove, cinnamon, eucalyptus and rosemary essential oils offer a fragrant, natural and effective alternative to synthetic options for immune support. On Guard, with its unique aroma, is one of our most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing. On Guard is superb for eliminating and controlling pathogens due to the potency of its constituents.**



ON GUARD PROTECTING THROAT DROPS

- Helps calm and soothe dry, scratchy throats
- Helps defend against pathogenic microbes of the mouth and throat
- Supports fixed and mobile immune functions

ON GUARD FOAMING HAND WASH

- Cleanses and protects by eliminating seasonal and surface-borne threats
- Gentle cleansers and emollients clean and soften hands throughout the day without drying or irritating sensitive skin
- pH balanced to protect the delicate moisture barriers

NEW! ON GUARD NATURAL WHITENING TOOTHPASTE

- Delivers On Guard protective blend of essential oils
- Non-flouride tooth strengthening formula
- Naturally whiten teeth with natural gentle polishing agents
- Enhanced flavor with peppermint and cinnamon CPTG essential oils and Xylitol
- Helps provide anti-oxidant benefits



For more On Guard product information, see page 29

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

IT GLOWS, RADIATES AND EVEN REGENERATES— IT'S YOUR SKIN, AND WHEN IT'S BLEMISHED, DULL, DRY OR FLAKY, IT CAN AFFECT YOUR CONFIDENCE, CAUSE DEPRESSION AND LEAD TO SOCIAL ANXIETY. IT'S NO SURPRISE THAT BLEMISHED SKIN IS COMMON AMONG TEENAGERS, WHAT MAY COME AS A SURPRISE IS THAT ADULT ACNE AFFECTS 25% OF ALL MEN AND 50% OF WOMEN AT SOME TIME IN THEIR LIVES.



IN THE CLEAR

everything you need to know to understand acne

WHAT CAUSES ACNE?

1. OVERPRODUCTION OF OIL GLANDS

Our androgen hormones stimulate the oil glands to produce oil. When we are stressed, the adrenal glands produce even more of these hormones, causing a greater enlargement of the oil glands. During puberty, a change in hormone levels causes the oil glands to become overactive causing oily skin.

2. BLOCKAGE OF THE SKIN PORES

Acne develops when some of the pores become blocked by skin cells that have been shed from the lining of the skin pore and have accumulated together, resulting in trapped oil within that doesn't reach the skin's surface.

3. GROWTH OF BACTERIA

It is important to know that acne is not caused by a bacterial infection; however, bacteria do play a role in worsening the situation. The bacterium *Propionibacterium acnes*, also known as *P. acnes*, is a normal part of the skin surface, and keeps the skin from being invaded by harmful bacteria, but cannot survive in the presence of oxygen.

When oil is trapped, the normal skin bacteria will continue to grow within the blocked pore. The trapped bacteria produces chemicals which alter the composition of the oil, resulting in irritated and inflamed skin.

4. INFLAMMATION

The body's immune system kicks into gear to rid itself of foreign substances. In the case of acne, this is either bacteria or the irritating compounds they have produced. Inflammation is a result of the immune system's naturally occurring response and can be characterized by redness, swelling, warmth and discomfort.

ACNE CARE AND TREATMENT

- To prevent scars, do not pop, squeeze, or pick at acne; seek treatment early for acne that does not respond to over-the-counter products.
- Wash the skin gently with a mild cleanser in the morning and evening and after exercise. Rinse the skin thoroughly after washing. Vigorous washing and scrubbing can irritate your skin and make acne worse.
- If you are a man who shaves, you should try to avoid nicking your pimples by softening your beard before shaving with soap and warm water. You may also want to try a safety razor and electric razor to decide which is most comfortable. A sharp blade and as little shaving as possible is also recommended.
- Using moist warm compresses on the skin may help open blocked pores.
- Some astringents work well on the pimples for reducing inflammation. Avoid alcohol-based astringents, which strip your skin of natural moisture.

Sources: American Academy of Dermatology (www.aad.org)
<http://ehealthmd.com>

WHAT IS ACNE?

A condition that consists of pimples, deeper lumps (cysts or nodules), and plugged pores (blackheads and whiteheads), that occur on the face, neck, chest, back, shoulders, and even the upper arms.

DOES STRESS CAUSE ACNE?

Stress can be partially responsible for acne. Hormonal changes are associated with stress, and hormones stimulate the oil glands. People who are anxious may also change their behavior towards their appearance, leading to inappropriate treatment of the acne that can worsen the condition.

Consult your family physician on methods to reduce stress. These may include:

- Exercise
- Recreational breaks
- Good sleeping habits
- Meditation
- Laughter
- Social support network
- Reduced consumption of stimulants (such as caffeine)

Source: <http://ehealthmd.com>



ACNE FACTS

• Acne is the most common skin disorder in the United States, affecting 40 million to 50 million Americans.

• Nearly 85 percent of all people have acne at some point in their lives, most often on the face, chest, and back.

• By mid-teens, more than 40 percent of adolescents have acne or acne scarring, which requires treatment by a dermatologist.

• In 2004, the cost associated with treating acne exceeded \$2.2 billion, including costs for prescription and over-the-counter products.

SOURCE: AMERICAN ACADEMY OF DERMATOLOGY (WWW.AAD.ORG)



clearskin●●●

It's the solution for problem skin at any age

For beautifully clear blemish free skin.

dōTERRA Clear Skin products provide an effective combination of CPTG Certified Pure Therapeutic Grade® essential oils and other key ingredients specifically targeted to improve the tone and texture of your skin.

CLEAR SKIN FOAMING FACE WASH thoroughly cleanses impurities without stripping natural moisture.

CLEAR SKIN TOPICAL BLEND helps regulate sebum levels and soothe irritated skin for a noticeably smoother and clearer complexion.

dōTERRA®



A WOMAN'S GUIDE to HEALTH

WOMEN ARE INCREDIBLE. *They are strong, yet vulnerable; compassionate, insightful, and always willing to sacrifice. Women are capable of so much and they often put the needs of others before their own; however, there is one women's need that should not be last priority—her health. Simple daily choices and general awareness can keep you vital and glowing for years to come. Read on to learn more about the role hormones, diet and exercise play in your overall health, and receive specialized tips to keep you healthy at any age.*

Hormone Health

Hormones have a profound impact on your health. Estrogen and progesterone stimulate, regulate and/or control all vital bodily functions in women, as well as affect certain neurotransmitters that determine mood and thinking processes. Is it any wonder that hormonal balance is key to maintaining optimal wellness throughout your life?

What contributes to hormone imbalances?

- Sugar and sugar substitutes
- Refined carbohydrates
- Trans fats
- Caffeine
- Pesticide-laden foods
- Alcohol
- Dehydration
- Lack of sleep
- Stress and emotional upsets
- Chemicals in personal care products
- Lack of exercise

What helps stabilize imbalances?

- Eat plenty of organically-grown whole foods such as fresh vegetables, fruits, seeds and nuts
- Incorporate healthy fats into your diet, such as extra-virgin olive oil, fish oil, flaxseed oil, and coconut oil
- Drink filtered water and stay hydrated
- Eat regular meals
- Get seven to eight hours of sleep
- Practice relaxation and meditation techniques
- Exercise regularly



See our new women's health products on pg. 9

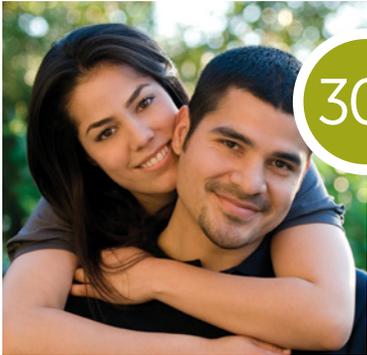


20s

IN your 20s, you feel invincible. Many women in their 20s are more worried about their weight than they are about their health, unaware that what they're consuming has long-lasting effects. College life usually means lots of junk food, stress, poor sleep and other unhealthy habits. Many women also start their careers in their 20s, which often goes hand in hand with demanding hours and take-out food. It's therefore no surprise that the 20s can be a hormonally challenging period for women.

TIPS:

1. Establish an exercise routine
2. Maintain healthy eating habits
3. Protect your skin
4. Get a good night's sleep
5. Manage stress



30s

IN your 30s you are feeling more confident in your identity, but your body also begins to show subtle signs of aging. Many women in their 30s are thinking of motherhood or giving birth for the first time. This is therefore the time to truly focus on adopting a healthy diet and a balanced lifestyle.

TIPS:

1. Get enough of vitamins A and D, which play a vital role in normal reproduction and fertility
2. Eat an antioxidant-rich diet to fight back breast cancer risks
3. Maintain an exercise routine



40s

YOUR 40s are full of change. During this decade, a woman begins the transition into perimenopause, the five-ten year period before the onset of menopause. Hormonal shifts, such as an excess of estrogen and declining progesterone often lead to unpredictable moods, heavy flow, hot flashes, night sweats, headaches and weight gain.

TIPS:

1. Strengthen the digestive system by adding digestive enzymes and probiotic to your daily regimen
2. Magnesium, selenium, iodine and vitamin A help improve thyroid function
3. Regular exercise and proper nutrition are especially important



50s

THIS decade is the time for initiation into menopause, which for many women has become a stage of deepening wisdom and inner reflection. Medically, menopause means the ceasing of menstruation. Hormone levels begin to change and the adrenal glands become the primary source of hormonal support.

TIPS:

1. Increase essential fatty acids such as fish oil and vitamin E
2. Take supplements that nourish and support the endocrine glands
3. Make sure your diet includes vitamin C, vitamin B5 (best taken in a B-complex formula), and magnesium



60s

AND beyond. Many refer to this season of a woman's life as the wise woman years. Health-wise, the goal is to remain strong, active and healthy.

TIPS:

1. In addition to digestive enzymes and probiotics, using hydrochloric acid supplements are recommended to help digest protein foods
2. Continue to take natural fatty acids such as fish oil and vitamin E, as well as antioxidant-rich fruits to combat inflammation

PRODUCT GUIDE

ESSENTIAL OIL SINGLES

dōTERRA'S COLLECTION OF SINGLE ESSENTIAL OILS REPRESENTS THE FINEST AROMATIC EXTRACTS AVAILABLE IN THE WORLD TODAY. Each oil provides the living essence of its source botanical, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is 100% natural and passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil therapies.



BASIL ESSENTIAL OIL
Ocimum basilicum
item NO. 3001
retail price: \$26.67
15ml




BERGAMOT ESSENTIAL OIL
Citrus bergamia
item NO. 3079
retail price: \$36.67
15ml



CASSIA ESSENTIAL OIL
Cinnamomum cassia
item NO. 3002
retail price: \$25.33
15ml



CINNAMON ESSENTIAL OIL
Cinnamomum zeylanicum
item NO. 3003
retail price: \$28.00
5ml



CLARY SAGE ESSENTIAL OIL
Salvia Sclarea
item NO. 3042
retail price: \$48.67
15ml



CLOVE BUD ESSENTIAL OIL
Eugenia caryophyllata
item NO. 3004
retail price: \$18.67
15ml




CORIANDER ESSENTIAL OIL
Coriandrum sativum
item NO. 3078
retail price: \$34.67
15ml




CYPRESS ESSENTIAL OIL
Cupressus sempervirens
item NO. 3005
retail price: \$20.67
15ml



EUCALYPTUS ESSENTIAL OIL
Eucalyptus radiata
item NO. 3006
retail price: \$18.67
15ml



FENNEL (SWEET) ESSENTIAL OIL
Foeniculum vulgare
item NO. 4129
retail price: \$20.00
15ml



FRANKINCENSE ESSENTIAL OIL
Boswellia frereana
item NO. 3007
retail price: \$93.00
15ml




GERANIUM ESSENTIAL OIL
Pelargonium graveolens
item NO. 3009
retail price: \$36.00
15ml




GINGER ESSENTIAL OIL
Zingiber officinale
item NO. 3008
retail price: \$38.67
15ml



GRAPEFRUIT ESSENTIAL OIL
Citrus X paradisi
item NO. 3010
retail price: \$11.33
15ml




HELICHRYSUM ESSENTIAL OIL
Helichrysum italicum
item NO. 3041
retail price: \$100.00
5ml



LAVENDER ESSENTIAL OIL
Lavandula angustifolia
item NO. 3011
retail price: \$28.00
15ml




LEMON ESSENTIAL OIL
Citrus limon
item NO. 3012
retail price: \$13.33
15ml



LEMONGRASS ESSENTIAL OIL
Cymbopogon flexuosus
item NO. 3013
retail price: \$13.33
15ml



LIME ESSENTIAL OIL
Citrus aurantifolia
item NO. 3087
retail price: \$17.33
15ml



MARJORAM ESSENTIAL OIL
Origanum majorana
item NO. 3014
retail price: \$25.33
15ml




MELALEUCA ESSENTIAL OIL
Melaleuca alternifolia
item NO. 3015
retail price: \$25.33
15ml




MELISSA ESSENTIAL OIL
Melissa officinalis
item NO. 3085
retail price: \$153.33
5ml



MYRRH ESSENTIAL OIL
Commiphora myrrha
item NO. 3016
retail price: \$69.33
15ml




OREGANO ESSENTIAL OIL
Origanum vulgare
item NO. 3018
retail price: \$32.00
15ml



PATCHOULI ESSENTIAL OIL
Pogostemon cablin
item NO. 3089
retail price: \$39.33
15ml



PEPPERMINT ESSENTIAL OIL
Mentha piperita
item NO. 3019
retail price: \$27.33
15ml




ROMAN CHAMOMILE ESSENTIAL OIL
Anthemis nobilis
item NO. 3080
retail price: \$44.00
5ml



ROSEMARY ESSENTIAL OIL
Rosmarinus officinalis
item NO. 3020
retail price: \$18.67
15ml




SANDALWOOD ESSENTIAL OIL
Santalum album
item NO. 3021
retail price: \$82.33
5ml



THYME ESSENTIAL OIL
Thymus vulgaris
item NO. 3022
retail price: \$36.67
15ml




VETIVER ESSENTIAL OIL
Vetiveria zizanoides
item NO. 3043
retail price: \$46.00
15ml



WHITE FIR ESSENTIAL OIL
Abies alba
item NO. 3025
retail price: \$26.67
15ml



WILD ORANGE ESSENTIAL OIL
Citrus sinensis
item NO. 3017
retail price: \$14.00
15ml




WINTERGREEN ESSENTIAL OIL
Gaultheria procumbens
item NO. 3023
retail price: \$21.33
15ml



YLANG YLANG ESSENTIAL OIL
Cananga odorata
item NO. 3024
retail price: \$47.00
15ml

PROPRIETARY ESSENTIAL OIL BLENDS

dōTERRA'S ESSENTIAL OIL BLENDS ARE PROPRIETARY FORMULAS FOR TARGETED WELLNESS APPLICATIONS. They represent the converging wisdom of many years of therapeutic essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only Certified Pure Therapeutic Grade essential oils.

 <p>AROMATOUCH® MASSAGE BLEND item NO. 3120 retail price: \$34.67 15ml</p>	 <p>BALANCE GROUNDING BLEND item NO. 3101 retail price: \$26.67 15ml</p>	 <p>BREATHE RESPIRATORY BLEND item NO. 3107 retail price: \$26.67 15ml</p>	 <p>CITRUS BLISS INVIGORATING BLEND item NO. 3102 retail price: \$20.00 15ml</p>	 <p>CLEAR SKIN TOPICAL BLEND item NO. 3142 retail price: \$39.33 10ml</p>
 <p>DEEP BLUE® SOOTHING BLEND item NO. 3138 retail price: \$85.33 10ml</p>	 <p>DIGESTZEN® DIGESTIVE BLEND item NO. 3103 retail price: \$41.33 15ml</p>	 <p>ELEVATION™ JOYFUL BLEND item NO. 3104 retail price: \$49.33 15ml</p>	 <p>IMMORTELLE ANTI-AGING BLEND item NO. 3714 retail price: \$92.67 10ml</p>	 <p>ON GUARD® PROTECTIVE BLEND item NO. 3110 retail price: \$42.67 15ml</p>
 <p>PASTENSE™ TENSION BLEND item NO. 3135 retail price: \$24.67 10ml</p>	 <p>PURIFY CLEANSING BLEND item NO. 3106 retail price: \$24.00 15ml</p>	 <p>SERENITY CALMING BLEND item NO. 3109 retail price: \$40.00 15ml</p>	 <p>SLIM & SASSY® METABOLIC BLEND item NO. 3137 retail price: \$32.67 15ml</p>	 <p>SOLACE™ MONTHLY ESSENTIAL OIL BLEND item NO. 3527 retail price: \$32.67 10ml</p>
 <p>TERRASHIELD® REPELLENT BLEND item NO. 3119 retail price: \$12.67 15ml</p>	 <p>WHISPER™ BLEND FOR WOMEN item NO. 3108 retail price: \$32.00 5ml</p>	 <p>ZENDOCRINE® DETOXIFICATION BLEND item NO. 3146 retail price: \$32.67 15ml</p>	<p>We're social.  Like us on Facebook for the latest news and tips. Facebook.com/doterra</p>	

Certified Pure Therapeutic Grade®

LEARN HOW dōTERRA® ESSENTIAL OILS ARE SOURCED, EXTRACTED, TESTED AND APPLIED ON PAGES 6-7.

DIFFUSERS

AROMA-ACE DIFFUSER

The Aroma-Ace provides a quick-change system that allows you to change your choice of essential oils at any time without worries of mixing and spilling. Its easy-to-use timing provides exceptional flexibility and convenience and its output volume control allows you to choose the intensity of your aromatherapy experience. It's state-of-the-art diffusion technology preserves the natural essence and complete therapeutic benefits of essential oils by effectively transforming them into a micro-fine vapor without the use of heat or water. These micro-particles permeate the air and may remain suspended for hours fully intact with all of their natural benefits. A 15 ml bottle of dōTERRA's On Guard® protective blend comes with each Aroma-Ace essential oil diffuser.

item NO. 3303 \$173.27 retail

LOTUS DIFFUSER

The Lotus diffuser uses a highly efficient real time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized along with water into minute ion particles and active oxygen ions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.

item NO. 3301 \$119.95 retail



PRODUCT GUIDE



SKIN CARE

FACIAL CLEANSER

With dōTERRA Facial Cleanser, CPTG Certified Pure Therapeutic Grade® essential oils of melaleuca and peppermint gently cleanse, lifting away impurities and leaving your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to inhibit skin irritation and reduce oxidative stress to skin cells.

item NO. 3701 \$22.00 retail 4 oz.

PORE REDUCING TONER

Formulated to visibly reduce the size of pores, dōTERRA Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade essential oils of lavender, ylang ylang, and German chamomile which work with cutting-edge ingredients to calm sensitive skin, inhibit skin irritation, and reduce oxidative stress to skin cells.

item NO. 3702 \$23.33 retail 4 oz.

IMMORTELLE

ANTI-AGING BLEND

dōTERRA's proprietary blend of powerfully renewing, rare essential oils, used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin while helping to reduce inflammation—a major contributor to the aging process. Supporting skin health at the cellular level, this essential oil blend of frankincense, sandalwood, lavender, myrrh, helichrysum and rose, helps sustain smoother, more radiant and youthful skin.



item NO. 3714 \$92.67 retail 10 ml roll on

TIGHTENING SERUM

Featuring CPTG essential oils of frankincense, sandalwood, and myrrh in generous proportion, dōTERRA Essential Skin Care Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Tightening Serum tightens and smoothes skin naturally, providing both significant short-term and long-term tightening benefits, as well as increasing skin clarity for firmer, younger looking skin.

item NO. 3704 \$66.00 retail 1 oz.

HYDRATING CREAM **new!**

The intensive moisture your skin has been waiting for, dōTERRA's Hydrating Cream is packed with emollient-rich ingredients and effective anti-aging combatants for smooth and luxuriously-hydrated skin. Its creamy formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to assist regeneration of mature skin, as well as helping to reduce the visible signs of aging due to both natural and environmental causes. dōTERRA Hydrating Cream aids in strengthening the dermis and restoring balance to the skin for a more youthful and glowing appearance. Perfect for use day or night.

item NO. 3716 \$46.00 retail 1.7 oz.

ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG® essential oils of lavender, jasmine, geranium and frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging —improving skin elasticity and tone, reducing the appearance and number of wrinkles as well as helping to prevent the future signs of mechanical aging.

item NO. 3703 \$46.00 retail 1.7 oz.

INVIGORATING SCRUB

Invigorate and energize skin while exfoliating and polishing using this aromatic scrub. CPTG essential oils of grapefruit and peppermint make the exfoliating step of your beauty regimen a refreshing, aromatic experience. Jojoba and cruciferous vegetable extracts leave skin protected and smooth, while other cutting-edge ingredients work to prevent irritation and the proliferation of skin discoloration.

item NO. 3705 \$24.00 retail 2.5 oz.

CLEAR SKIN FOAMING FACE WASH **new!**

Designed to thoroughly cleanse the skin of impurities without stripping natural moisture, dōTERRA's Clear Skin Foaming Face Wash is scientifically formulated to create a harmonious balance for beautifully clear skin. This gentle cleanser gives skin a spa-like treatment with light foaming action and a fresh scent. A powerful yet gentle combination of Certified Pure Therapeutic Grade® Essential oils, blended with other key ingredients, are a perfect solution for problem skin of all ages.

item NO. 3718 \$21.00 retail 1.7 fl. oz. / 50ml

CLEAR SKIN **new formula!**

ESSENTIAL OIL TOPICAL BLEND

With a unique blend of essential oils including rosewood, melaleuca, eucalyptus globulus, geranium and lemongrass, along with black cumin seed oil, dōTERRA's Clear Skin topical blend creates an environment unfriendly to bacteria and microbes that cause unsightly and persistent reactions in the skin. Beneficial properties include controlling overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation. It's the answer to troubled skin.

item NO. 3717 \$28.00 retail 10ml roll on

CLEAR SKIN SET **new!**

The perfect pair of Clear Skin products together at a great price.

item NO. 3719 \$40.00 retail





SPA AND HAIRCARE

HAND AND BODY LOTION

This fragrance free, light-weight lotion is perfect for hydrating the skin and is even more powerful when combined with an essential oil or blend of your choice. The way to silky, smooth skin lies in the perfect blend of antioxidants, botanicals and important humectants. Extracts of cruciferous vegetables contribute to the formula's ability to help build the skin's natural protection and environmental defenses.

item NO. 3610 \$19.33 retail

200 ml / 6.7 OZ

3-PACK

item NO. 3611 \$39.93 retail

(Three 200ml tubes)

CITRUS BLISS INVIGORATING BATH BAR

Infused with CPTG essential oils to create a blissful cleansing experience, this is a great bar for every member of the family. Natural oatmeal provides gentle exfoliation to leave skin feeling soft and smooth.

item NO. 3613 \$9.32 retail

4 oz/113 g

SERENITY CALMING BATH BAR

All the benefits of doTERRA's CPTG Serenity essential oil blend are found in this naturally scented bar, designed to provide a serene cleansing experience. Natural conditioning elements from coconut and safflower oils, plus shea butter, help provide a non-drying, calming bathing experience.

item NO. 3614 \$9.32 retail

4 oz/113 g



SANOBELLA PROTECTING SHAMPOO

doTERRA's SanoBella Protecting Shampoo is a professional salon formula of gentle cleansers, essential oils, and other botanical extracts which provides antioxidant protection against UV damage—reducing photo degradation of color in treated hair.

item NO. 3604 \$26.00 retail 8 oz. bottle

SANOBELLA SMOOTHING CONDITIONER

doTERRA's SanoBella Smoothing Conditioner is a professional salon formula of conditioning emollients, essential oils, botanical extracts and natural proteins which seal cuticles against damage caused by water penetration to the hair shaft—reducing combing force and blow-dry time and increasing hair luminosity and shine. Nanotechnology smoothes hair and provides an anti-static effect that keeps hairs aligned during styling.

item NO. 3606 \$28.67 retail 8 oz. bottle

LOYALTY REWARDS PRICING

One Protecting Shampoo and one Smoothing Conditioner

item NO. 3608 \$35.33 retail (2) 8 oz. bottles

Two Protecting Shampoos

item NO. 3616 \$32.67 retail (2) 8 oz bottles

Two Smoothing Conditioners

item NO. 3615 \$35.33 retail (2) 8 oz bottles

ON GUARD®

ON GUARD PROTECTING THROAT DROPS

Don't let flu season catch you off guard! doTERRA's On Guard Protecting Throat Drops provide a convenient way to benefit from On Guard's immune-supporting properties. With all-natural organic cane juice and organic brown rice syrup, these drops help defend against pathogenic microbes of the mouth and throat; support fixed and mobile immune function* and help calm and soothe dry, scratchy throats.

item NO. 3405 \$19.33 retail 30 Drops

ON GUARD FOAMING HAND WASH

Hand-washing is an important health precaution—and placing On Guard Foaming Dispensers at every sink around the home and office provide those in your home and workplace with On Guard protection throughout the day. On Guard Foaming Hand Wash is conveniently packaged in a 16-oz. refill bottle that fills 8-oz foaming dispensers, saving the earth's resources and your money.

ON GUARD FOAMING HAND WASH WITH 2 FOAMING DISPENSERS

item NO. 3807 \$30.00 retail

16 oz. Wash, 2 dispensers

SINGLE

item NO. 3801 \$24.67 retail

16 oz. Wash

TWIN PACK

item NO. 3802 \$44.67 retail

Two 16 oz. Wash



ON GUARD new! NATURAL WHITENING TOOTHPASTE

doTERRA's fluoride-free toothpaste provides the protective benefits of therapeutic-grade On Guard essential oils against germs and other harmful pathogens, while also reducing plaque, and whitening teeth with gentle polishing agents. On Guard's unique cinnamon-mint flavor, with xylitol, also leaves breath (and your toothbrush), fresh and clean.

item NO. 3891 \$11.33 retail 4 oz. / 113 g



See our Immune Health Guide on pg. 20

PRODUCT GUIDE



WOMEN'S HEALTH



WOMEN'S HEALTH KIT

Including Phytoestrogen Lifetime Complex, Bone Nutrient Lifetime Complex and Solace Monthly Essential Oil Blend

3525

\$92.67 retail

SAVE \$16.00 RETAIL

PHYTOESTROGEN **new!** LIFETIME COMPLEX™

dōTERRA Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a women's life. Phytoestrogen Lifetime Complex include a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes a concentrated extract of flax seed lignans to help manage potentially harmful metabolites that are produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue and other body structures and functions as a women ages.*

item NO. 3526 \$52.67 retail

60 capsules

BONE NUTRIENT **new!** LIFETIME COMPLEX™

Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA's Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health including vitamins C and D, calcium, magnesium and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.

item NO. 3524 \$23.33 retail

120 capsules

SOLACE™ **new!**

MONTHLY ESSENTIAL OIL BLEND

dōTERRA Women Solace is a proprietary blend of Certified Pure Therapeutic Grade® essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause.* Solace is a topical blend of clary sage, lavender, bergamot, Roman chamomile, cedarwood, ylang ylang, geranium, fennel, carrot seed, palmarosa and vitex that provides temporary respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.

3527 \$32.67 retail 10 ml



New contest begins
January 1, 2012.

Details available online December
15th at iamslimandsassy.com

SLIM & SASSY®



SLIM & SASSY TRIM KIT

Four 15 ml bottles Slim & Sassy essential oil blend, Chocolate TrimShake and Vanilla TrimShake

item NO. 4077 \$200.00 retail

SLIM & SASSY™ TRIMSHAKE™

Slim & Sassy TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal¹ with only 125 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative¹ with 16 grams of protein and 5 grams of fiber per serving.

CHOCOLATE item NO. 3520 \$52.67 retail

20 serving canister

VANILLA item NO. 3518 \$52.67 retail

20 serving canister

¹ Meal replacement based on the addition of 75 or more additional calories (almond, rice, or skim milk, etc.) to the 125 calories of one serving of Slim & Sassy TrimShake for a caloric meal total of 200 calories or more



DEEP BLUE®

DEEP BLUE RUB **new!**

dōTERRA's Deep Blue Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 ml of dōTERRA's top-selling Deep Blue essential oil blend of wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA's Deep Blue essential oil blend.

item NO. 3890 \$39.00 retail 4 oz.

DIETARY SUPPLEMENTS



ALPHA CRS+
CELLULAR VITALITY COMPLEX

dōTERRA's Alpha CRS+ is a proprietary formula combining a cellular longevity blend of botanical extracts including boswellic acid, silymarin, curcumin, bromelain enzyme, carotenoids and powerful polyphenols including resveratrol, ellagic acid, baicalin and proanthocyanidins from grape seeds with a cellular energy blend of quercetin, coenzyme Q10, alpha-lipoic acid, acetyl-L-carnitine and bacopa extract. The ingredients in Alpha CRS+ have been shown to support healthy cell proliferation and lifespan, mitochondrial energy production and to support healthy cellular inflammatory response.* Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz as a comprehensive dietary supplement program for a lifetime of vitality and wellness.

Includes WOKVEL® Boswellia serrata extract (300 mg) and BACOGNIZE® Bacopa monnieri extract (200 mg) trademarks of VSI

item NO. 3418 \$92.67 retail 90 vegetable capsules

xEO MEGA
ESSENTIAL OIL OMEGA COMPLEX

dōTERRA's xEO Mega is a revolutionary formula blending CPTG Certified Pure Therapeutic Grade® essential oils of clove, frankincense, thyme, curmin, wild orange, peppermint, ginger, caraway and German chamomile, with natural plant-sourced essential fatty acids from flax, borage, cranberry and pomegranate seed oils and marine lipids delivering 340 mg EPA and 240 mg DHA per daily serving. Essential fatty acids support healthy cardiovascular, immune, joint and brain health among other health benefits. xEO Mega also includes a unique form of the carotenoid astaxanthin cultivated in microalgae using pure water and sunlight, and natural vitamin E providing additional antioxidant protection, and natural vitamin D. The lipids and essential oils in xEO Mega are presented in a nanosomal lipid assimilation system that supports nutrient absorption in the intestinal tract.

item NO. 3419 \$52.67 retail 120 liquid capsules

MICROPLEX VMZ
FOOD NUTRIENT COMPLEX

dōTERRA's Microplex VMz is an all-natural, whole-food formula of bioavailable vitamins and minerals that are often deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food-derived minerals, calcium, magnesium and zinc and 72 organic trace minerals for optimal bone and metabolic health. Microplex VMz also includes a whole-food blend of cayenne, kelp and horstail powder and a patented enzyme delivery system to optimize nutrient absorption. dōTERRA's Tummy Tamer blend of peppermint, ginger and caraway seed helps to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using vegetable capsules, does not contain wheat or dairy products and does not include any animal products or synthetic ingredients.

item NO. 3420 \$46.00 retail 120 vegetable capsules



TERRAZYME™ top seller
DIGESTIVE ENZYME COMPLEX

dōTERRA's TerraZyme™ Digestive Enzyme Complex is a proprietary blend of active whole-food enzymes and supporting mineral cofactors that are often deficient in cooked, processed and preservative-laden foods. TerraZyme's powerful combination of digestive enzymes support the body's constant production of enzymes critical for healthy biochemical functions throughout the body including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber.*

item NO. 3511 \$50.00 retail 90 vegetable capsules

ZENDOCRINE®
DETOXIFICATION COMPLEX

The body's filtering and waste management system is quite capable of managing a certain amount of exposure to toxic influencers. But in a modern world of environmental pollutions and harmful chemicals, the body's filtering system can be significantly challenged. dōTERRA's Zendocrine Detoxification Complex is a proprietary blend of 14 active whole-food extracts in a patented enzyme delivery system that supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs and skin.*

item NO. 3512 \$32.67 retail 60 vegetable capsules

PB ASSIST+®
PROBIOTIC DEFENSE FORMULA

The latest addition to dōTERRA's DigestZen® digestive support category, PB Assist+ is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourages culture adhesion and growth. The time-release double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

item NO. 3503 \$26.00 retail 15 triple-layer beadlets

GX ASSIST®
GI CLEANSING FORMULA

GX Assist is a combination of CPTG Certified Pure Therapeutic Grade® essential oils of oregano, melaleuca, lemon, lemongrass, peppermint and thyme and caprylic acid that helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula.

item NO. 3504 \$34.67 retail 30 softgels

dōTERRA®

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www.doterra.com

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HEALING HANDS LOTION

Soften your skin,
soften your heart

Support the dōTERRA Healing Hands Foundation by purchasing our lovely Healing Hands lotion infused with Bulgarian rose CPTG® essential oil for exquisitely soft and beautifully scented skin. The full purchase price of twenty dollars will be donated by dōTERRA to the Healing Hands Foundation, which seeks to bring healing and hope to the world, for lives free of disease and poverty, and to ultimately teach impoverished cultures how to be self-reliant.

Available while supplies last.

3617 \$20.00 (0 PV) 3.3 oz tube