

# Your Essential Oil Continuing Education

Name: \_\_\_\_\_

## Introduction to Essential Oils

- Essential oils empower us to care for our health and wellness in a natural, safe, and affordable way.
- If you haven't participated in your Natural Solutions Class, please visit [jadebalden.com/intro](http://jadebalden.com/intro) to learn the basics of essential oils and how we use them.



## Learn How To Live A Natural Solutions Lifestyle

- Tap into the amazing abilities of essential oils to improve your overall wellness in the following areas:

Proactive Medical Care

Informed Self Care

Reduce Toxic Load

Rest & Manage Stress

Exercise

Eat Right



- To experience a FREE Lifestyle Overview, schedule one with me today.

## Our Five Core Natural Wellness Classes

Complete all of our Five Wellness Classes and receive a **FREE Essential Oil of your choice** up to 30 points in value!

- Family Wellness
- Cleanse & Restore (Detox Naturally)
- Maintain Healthy Weight
- Health & Hormones
- Reducing Toxins & Green Cleaning



# Welcome to dōTERRA

Name: \_\_\_\_\_

## Step 1. Unbox & Review

- Review the essential oil basics & products you purchased
- Log onto [www.doterra.com](http://www.doterra.com) Your ID: \_\_\_\_\_ Password: \_\_\_\_\_

## Step 2. Resources

- Online: [www.doterra.com](http://www.doterra.com): \_\_\_\_\_
- Essential Oil Guides: [see benbalden.com/guides](http://see.benbalden.com/guides)
- Facebook Support Group: [Essential Oil Users - Baldens](#)
- Events: \_\_\_\_\_

## Step 3. Buy At The Best Price

- Each product has a PV (product value, international equalizer)
- Two ways to order: **LRP** or **Standard Orders**
  1. Standard Orders - Wholesale prices (25% off retail) / One-time orders
  2. Loyalty Rewards Program Orders (LRP)-monthly recurring orders

- Earn product points redeemable for free products (12-month expiry)
- Only \$3 redemption fee for point redemption
- Get shipping cost back in product points
- No LRP in the first calendar month
- No limit on the number of LRPs each month

| 25% WHOLESALE DISCOUNT           |                   |                   |                     |                   |
|----------------------------------|-------------------|-------------------|---------------------|-------------------|
| PERCENT BACK IN PRODUCT CREDITS: |                   |                   |                     |                   |
| 10%<br>Months 1-3                | 15%<br>Months 4-6 | 20%<br>Months 7-9 | 25%<br>Months 10-12 | 30%<br>Months 13+ |
| TOTAL SAVINGS & CREDITS:         |                   |                   |                     |                   |
| 35%                              | 40%               | 45%               | 50%                 | 55%               |

| PERSONAL VOLUME (PV) MUST EXCEED                        | 1+ | 50 | 100 | 125 | 200 |
|---|----|----|-----|-----|-----|
| Maintain Loyalty Rewards Points                         | ✓  | ✓  | ✓   | ✓   | ✓   |
| Earn Loyalty Rewards Points and Increase Percentage     |    | ✓  | ✓   | ✓   | ✓   |
| Earn Commissions ★                                      |    |    | ✓   | ✓   | ✓   |
| Participate in Product of the Month Club ★★ LRP by 15th |    |    |     | ✓   | ✓   |
| Participate in Product Promotions                       |    |    |     |     | ✓   |

## Step 4. Four ways to participate in dōTERRA

- Get financially compensated for sharing with others
  - Wholesale Customer Only
  - Actively Sharing ★ \*Supplement Your Income\*
  - Sharing (giving referrals) ★ \*Get Your Oils For FREE\*
  - Make Sharing your Business ★ \*Replace Your Income\*

## Step 5. Participate in our Wellness Product Classes

- Learn the lost art of healing with essential oils & natural solutions. Pre-agreed completion gift from enroller: \_\_\_\_\_
  - Family Wellness
  - Cleanse & Restore
  - Maintain Healthy Weight
  - Health & Hormones
  - Reducing Toxins & Green Cleaning
  - ...and much more...

Maximize Your dōTERRA Membership

[www.jadebalden.com/new](http://www.jadebalden.com/new)



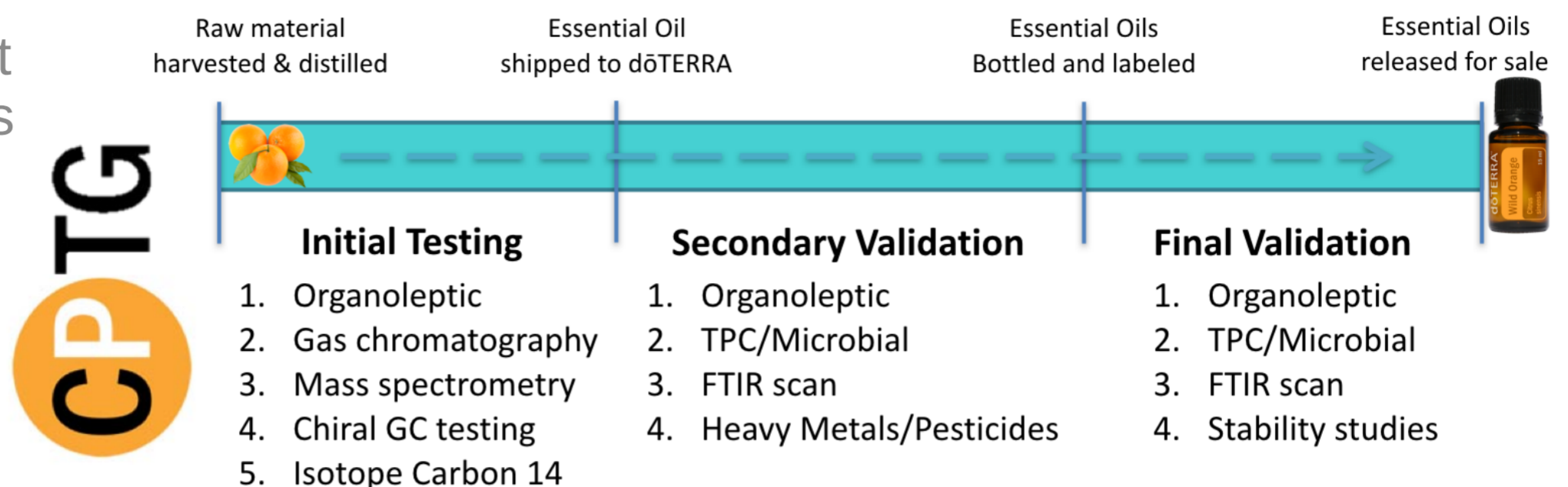
# Natural Wellness Class 1 - Family Wellness

## 1. dōTERRA CPTG, Safety & Dosage

Certified Pure Therapeutic Grade (CPTG) is a high quality standard

1. Most tested, most trusted essential oils (beyond organic)
2. Sourced for therapeutic potency

[sourcetoyou.com](http://sourcetoyou.com)  
[aromaticscience.com](http://aromaticscience.com)



Everyone is different. Start with these recommendations.

|                 | Adult        |             | Child        |             |
|-----------------|--------------|-------------|--------------|-------------|
|                 | Ideal Amount | 24 hour Max | Ideal Amount | 24 hour Max |
| <b>Internal</b> | 2-4 drops    | 12-24 drops | 1-2 drops    | 3-12 drops  |
| <b>Topical</b>  | 3-6 drops    | 12-36 drops | 1-2 drops    | 3-12 drops  |
| <b>Aromatic</b> | N/A          | N/A         | N/A          | N/A         |



**For optimal benefits:**

1. Apply consistently
2. Dilute on skin
3. Address issues singularly
4. Approach health holistic

## 2. Common Family Concerns

### Head & Neck

**Aches & Tension:** Mix and rub on Lavender, Peppermint, Frankincense, & Copaiba

**Focus & Learning:** Apply InTune & Balance + Diffuse Wild Orange & Peppermint

**Overheated:** Lavender, Peppermint, & Frankincense – mixed and rubbed on body

### Shoulders, Knees & Muscles

**Aches & Tension:** Apply PastTense on shoulders

**Muscles:** Consider using all or some topically, AromaTouch, Deep Blue (Ice Blue), Lemongrass, Siberian Fir, Peppermint, Copaiba, Marjoram

### Tummy & Gut

**Digestive Support:** Peppermint, Lemon, Fennel, DigestZen can be taken internally

**Enzymes:** Take TerraZyme throughout the day to help soften stool

**DigestTab:** Chewable calcium carbonate for occasional heartburn & indigestion

### Other Family Health Concerns

**Respiratory:** Breathe oil, Vapor Stick, Throat Drops, Peppermint & Eucalyptus

**Sleep:** Serenity (Lavender Peace) Softgels & Oil, Vetiver, Juniper Berry, & Cedarwood

**Skin:** Lavender, Frankincense, Melaleuca (Tea Tree), & Correct-X

### Immunity & Immunity Blend

1. Use On Guard+ Softgels as needed

2. **Daily Immunity Boost** – Make this blend in a 10mL roller bottle. Fill the rest with Fractionated Coconut Oil & rub on feet. Also, diffuse this blend regularly. Substitute Aborvitae with Lemon when taking internally.

*Infants x1, 5yrs+ x2, Teens & Adults x3 in 10mL roller bottle*

### **Daily Immunity Boost**

5 drops On Guard

4 drops Oregano

3 drops Frankincense

2 drops Melaleuca\*

1 drop Arborvitae



\* Melaleuca=Tea Tree











## 1. Elimination & Isolation

- Our body **either** eliminates toxins & waste through feces, urine, & sweat **or** isolates them in the fat cells.
- When we detox, our cells release toxins into our blood stream. Detoxing may make us feel uncomfortable. Drink lots of water. It's ok. Keep going.
- Assist the body to eliminate through the bowels and bladder by relaxing the digestive system. Inhale and apply **Sandalwood & Balance oil**.

## 2. 30-Day Cleanse & Restore











- LifeLong Vitality Pack:** Nutritionally cleanse & feed cells  
Antioxidants, DNA, Energy, Cardiovascular, Brain & Nervous system, Immunity
- TerraZyme:** Rebuild tissues with this 10-enzyme-complex  
Breaks down proteins, sugars, starches, fats, lactose, fructose, glucose, & gluten
- Zendocrine Softgel:** Detox liver, kidney, bladder, lungs, & skin  
Rosemary, Juniper Berry, Cilantro, Geranium, & Tangerine essential oils
- GX Assist:** Cleanse gut bacteria & fungi with GI cleansing formula  
Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, & Thyme essential oils
- PB Assist:** Re-establish gut flora with double-encapsulated probiotics  
High quality live probiotics helps with immunity, digestion, & mental clarity
- DDR Prime:** Support healthy DNA response  
Lemongrass, Thyme, Frankincense, Clove, Summer Savory, & Niaouli oils
- Lemon oil:** Help body cleanse toxins, old mucus, & petrochemicals  
Energy, immunity boosting, focus & mental clarity. [Drink citrus oils in GLASS!](#)

| dōTERRA 30-Day Cleanse & Restore Program  |  |  |   |
|---|--|--|---|
|   | DAY 1-10: ACTIVATE   | DAY 11-20: RESET   | DAY 21-30: RENEW  |
| Lifelong Vitality<br>  | Start on day 1 and take for 30 days<br>2 capsules of each with breakfast & dinner            |  |   |
| TerraZyme<br>          | Start on day 1 and take for 30 days<br>2 capsules with breakfast & 2 capsules dinner         |  |   |
| Zendocrine Complex<br> | Start on day 1 and take for 30 days<br>Take 1 capsule with breakfast & 1 capsule with dinner |  |   |
| Zendocrine Softgel<br> | Take 1 capsule at breakfast & 1 at dinner  |  |   |
| GX Assist<br>          |  | Start on 11 <sup>th</sup> day.<br>Take 1 with evening meal |   |
| PB Assist<br>          |  |  | Start on 21 <sup>st</sup> day. Take 3 with evening meal |
| DDR Prime Softgels<br> |  |  | Take 1 softgel with breakfast & 1 at dinner             |
| Lemon oil<br>          | Drink 2 drops of Lemon oil in 8 oz water 5 times a day                                       |  |   |



# Natural Wellness Class 2 - Cleanse & Restore

## 30-DAY CLEANSE & RESTORE PROGRAM

|   | DAY 1-10: ACTIVATE   | DAY 11-20: RESET  | DAY 21-30: RENEW  |
|---|--|---|---|
|  Omega oil & essential oils blend. Take 2 in morning & 2 at night    | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
|  Whole Food vitamins & minerals. Take 2 in morning & 2 at night      | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>                          | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
|  Cellular vitality support. Take 2 in morning & 2 at night           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>                          | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
|  Digestive Enzymes complex. Take 1-2 capsule with each meal          | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>                          | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
|  Organ Detoxification complex. Take 1 with in the morning & night    | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>                          | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
|  Organ Detoxification oil blend. Take 1 with in the morning & night | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>                          |   |   |
|  GI Cleansing Blend. Take 1 with evening meal                      |  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |   |
|  Probiotic Defense. Take 3 with evening meal                       |  |   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
|  Cellular blend. Take 1 in the morning & 1 night                   |  |   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
|  Lemon oil, 2 drops in 8 oz water, drink 5 times a day             | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>                          | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

Daily email support during your detox [www.jadebalden.com/cleanse/](http://www.jadebalden.com/cleanse/)

### 3. Whats Next?

- Repeat 30-Day cleanse every 4 months until you have stronger joints, more energy, clearer skin, nicer breath, a clearer mind, several bowel movements per day, better sleep, and healthier hair and nails.
- Continue with the Lifelong Vitality Pack, TerraZyme, and Zendocrine for daily maintenance.
- Reduce sugars, wheat, dairy, soy and inflammatory substances

### 4. What's Happening On The Inside?

- Your body is cleansing out toxins from drugs, fungus, bacteria, petrochemicals, parasites, & debris from your cells.
- These toxins causes inflammatory disease & other issues.
- Cellular ***miscommunication*** cause diseases. Toxins and 'invaders' disrupt cellular functions and damage and mutate cells causing disease. When we have **clean cells**, we have **healthier tissues**. Healthy tissues means **healthy organs**. Healthy organs means a **healthy YOU!**

# Natural Wellness Class 3 - Maintain a Healthy Weight

## 1. Mind & Spirit Foundation

- Work on Self-Love first. You are enough because you are divine.
- Develop a belief that a healthy weight is your natural & balanced state
- Reduce stress & play daily (Use your happy essential oils to help)

## 2. Body

- Detox the body with 30-Day Cleanse & Restore
- Rest & sleep well: Use Serenity Softgel & Oil, Balance, Juniper Berry, Vetiver
- Balance hormones: Women's Health Kit, Whisper, Sandalwood, other floral oils
- Slim & Sassy oil blend: Manage appetite, energy, metabolize fat, insulin support

\*Slim & Sassy = Smart & Sassy



Slim & Sassy (Smart & Sassy) metabolic blend: Grapefruit, Lemon, Peppermint, Ginger, & Cinnamon essential oils.

Add 1-3 drops in water up to 5 times a day



## 3. Metabolic Bombs: What Slows Metabolism?

- Bad oils (canola, vegetable, hydrogenated oils): These cause inflammation
- Low quality carbs: These cause inflammation & are not nutritious
- Skipping meals: Cause your body to slow metabolism and store more fat
- Pro-Inflammatory foods: Basically refined & overly processed foods
- Refined sugars: Fructose is metabolized by the liver, which turns it into fat
- Stress & no rest: Stress triggers the over production of cortisol: more fat deposits
- Xenoestrogens: High estrogen levels causes the body to be in fat-storing mode

## 4. Metabolic Boosters: Burn More Energy At Rest!

- Get great sleep: Balance hormones, cleanse the brain & body in your sleep
- Weight training: The more muscles we have the more fat we burn
- Slim & Sassy Blend: Take throughout the day to support your metabolism
- Mixed intensity exercise Deep Blue Rub will help with muscles.
- Eat 5-6 small meals a day:

Eat every 3 hours. dōTERRA Trim Shake meal replacement makes it easier to replace a meal



Maintain Healthy Weight

[www.jadebalden.com/weight](http://www.jadebalden.com/weight)



## 1. Hormone Imbalance Concern

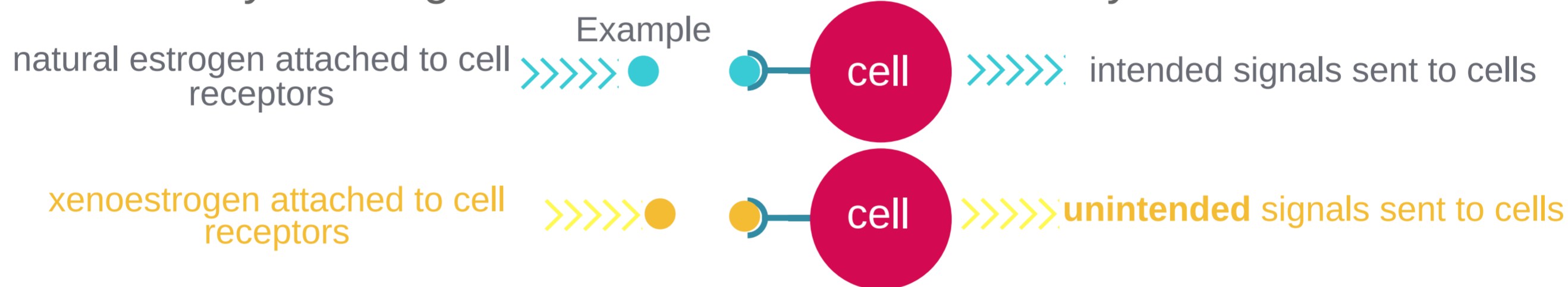
- Your body knows how to heal. You can take control of your health.
- The receptor-sites on your cells are constantly scanning & balancing your chemical levels. Toxins blocking cell receptors can disrupt communications & cause hormonal imbalances.



### Signs of Hormonal Imbalance:

- |                                       |  |  |   |
|---------------------------------------|--|--|---|
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Skin wrinkling  | <input type="checkbox"/> Bone loss & aches   | <input type="checkbox"/> Vaginal infections/dryness   |
| <input type="checkbox"/> Weight gain  | <input type="checkbox"/> Anxiety         | <input type="checkbox"/> Hair loss           | <input type="checkbox"/> Breast cell over-stimulation |
| <input type="checkbox"/> Lower libido | <input type="checkbox"/> Water retention | <input type="checkbox"/> Facial hair         |   |
| <input type="checkbox"/> Allergies    | <input type="checkbox"/> Hot flashes     | <input type="checkbox"/> Depression          |   |
| <input type="checkbox"/> UTI          | <input type="checkbox"/> Headaches       | <input type="checkbox"/> Poor sleep patterns |   |

- Xenoestrogens are synthetic compounds that mimic natural estrogens in the body causing overstimulation of normal body functions.



- Xenoestrogens are found in many places including

- |   |  |   |   |
|---|--|---|---|
| <input checked="" type="checkbox"/> Canned food | <input checked="" type="checkbox"/> Plastics               | <input checked="" type="checkbox"/> Pollution | <input checked="" type="checkbox"/> Pesticides      |
| <input checked="" type="checkbox"/> Farmed fish | <input checked="" type="checkbox"/> Factory farmed animals | <input checked="" type="checkbox"/> Perfumes  | <input checked="" type="checkbox"/> Medications     |
| <input checked="" type="checkbox"/> Tap water   | <input checked="" type="checkbox"/> Soy in food            | <input checked="" type="checkbox"/> Colognes  | <input checked="" type="checkbox"/> Beauty products |

- Xenoestrogens cause hormonal imbalance which leads to

- |  |   |
|--|---|
| <input type="checkbox"/> Breast cancer             | <input type="checkbox"/> Premature menstruation                           |
| <input type="checkbox"/> Prostate cancer           | <input type="checkbox"/> Early uncomfortable menopause                    |
| <input type="checkbox"/> Endometriosis             | <input type="checkbox"/> Over production of breast tissues in men & women |
| <input type="checkbox"/> Thyroid diseases & cancer | <input type="checkbox"/> Infertility in men and women                     |
| <input type="checkbox"/> Bone loss                 |   |

## 2. Support Hormone Balancing

- Phytoestrogen Complex: Natural blend of plant estrogen to balance hormones
- ClaryCalm & Whisper: Rub on lower abs, wrists, inside of forearms, back of neck  
For cramps, night sweats, hot flashes, headaches
- Bone Nutrient Complex: Natural blend of Calcium, Vitamin C & D, Magnesium...
- Sleep Well: Serenity oil & softgels, Balance, Juniper Berry, Vetiver, Cedarwood. Rub on &/or diffuse.
- Cleanse & Nourish Cells:  
Drink citrus oils daily, 30-day Cleanse & Restore, Lifelong Vitality Pack





## 3. Manage Emotions & Moods

- Imbalance hormone levels can cause emotional instability.
- When essential oils are **diffused**, odor molecules trigger production of happy, calming, & healing chemicals in the brain.

In the relaxed state, the brain triggers healing hormones: Oxytocin, Nitric Oxide, Dopamine, Endorphins

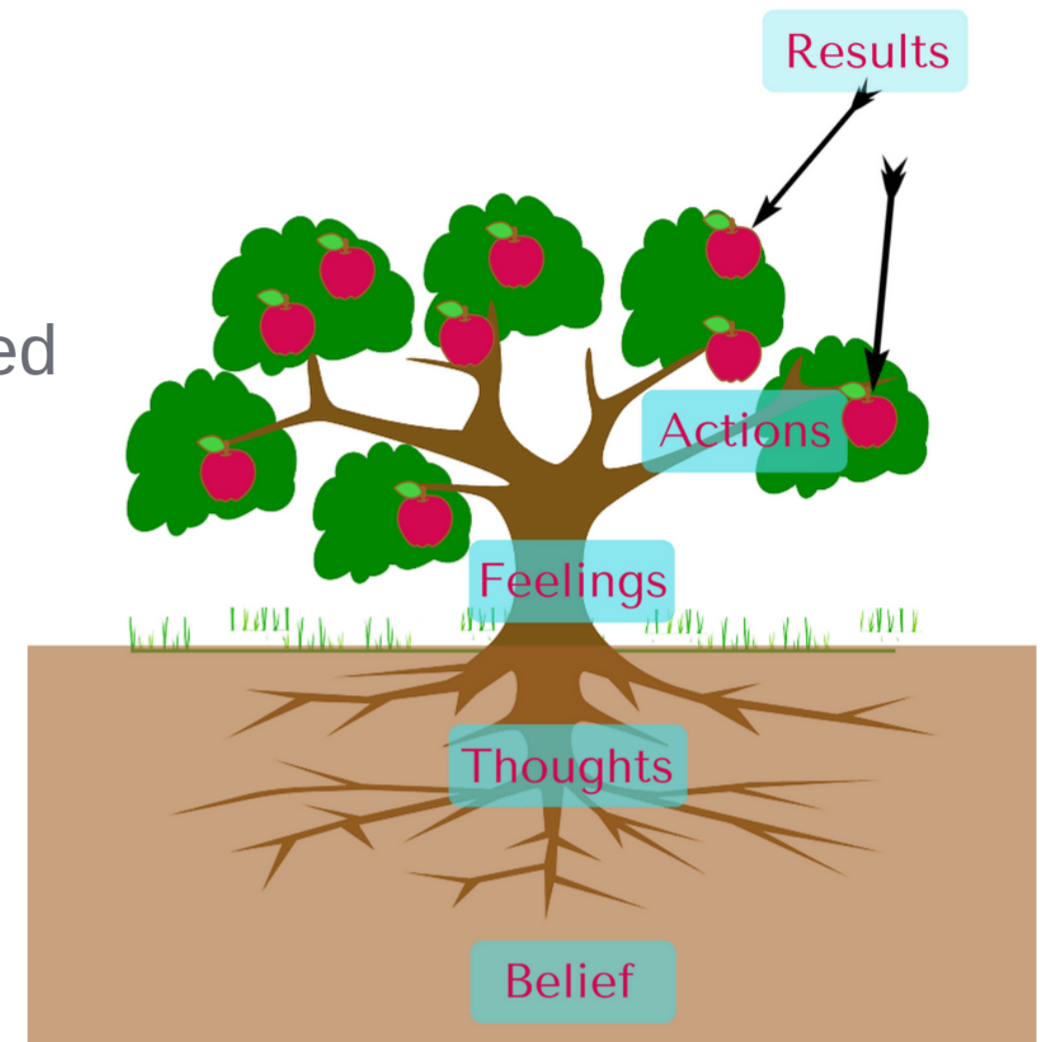
### Mood Management Oils to Diffuse:

**Citrus Bliss:** Invigorated, stimulated, creative

**Balance:** Grounded, reassured

**Serenity (Lavender Peace):** Calm, composing, relaxed

**Elevation:** Inspired, encouraged, optimistic



### Emotional Aromatherapy Oils:

**Motivate:** Hopeful, energized, confident

**Cheer:** Uplifted, joyful, determined, restored

**Passion:** Inspired, alive, spontaneous

**Forgive:** Light, free, tolerant, renewed, empathetic

**Console:** Comforted, whole, serene, healed

**Peace:** Content, still, spiritually connected



### Healing at Root Level

Beliefs > Thoughts > Feelings > Actions > Results

When we have undesirable results in our life (health, finances, relationships, concerns) we can resolve them permanently by working on **self-awareness** to detect and rewrite our **root false beliefs** that have created those results.

Get an iTOVi scan to discover the exact essential oils and products for you.



[www.jadebalden.com/itovi](http://www.jadebalden.com/itovi)

Stress & anxiety



## 4. Energy & Vibrations

- Our thoughts, feelings & emotions can physically manifest if left unresolved.
- Healthy people have high vibrations, and sick people have low vibrations.
- Essential oils have high energy vibrations. Look up essential oils in the **Emotions & Essential Oils** book to help you understand how to raise your vibration by changing thoughts and beliefs.



## 1. Overload Of Toxic Chemicals

- Overload of chemicals + toxic environment = chronic diseases
- Top 12 Cancer Causing Products\* In The Home

- |                            |                               |                       |
|----------------------------|-------------------------------|-----------------------|
| 1. Baby powder             | 5. Hair dyes                  | 9. Weed poison        |
| 2. Makeup                  | 6. Bleach & cleaning products | 10. Hot dogs          |
| 3. Toothpaste              | 7. Disinfectant sprays        | 11. Milk              |
| 4. Shampoos & Conditioners | 8. Pet flea collars           | 12. Laundry detergent |

\*These toxins are Neurotoxins & Endocrine disruptors

## 2. Replace toxins with green-cleaning alternatives

- On Guard Cleaning Concentrate: Makes 12 bottles of all purpose cleaners
- On Guard Laundry Detergent: 64 Loads 42¢ per load
- On Guard Foaming Handwash: Refills 2 pump bottles
- On Guard Natural Whitening Toothpaste: Fluoride-free, On Guard, Myrrh, Peppermint and Wintergreen
- Natural Hand Sanitizer Mix On Guard & water (or Aloe vera gel)



## 3. Use toxic free products

- Skin Care: Verage Skin Care Collection, HD Clear Collection, Reveal System
- Hair Care: Protecting Shampoo & Smoothing Conditioner
- Natural Lotions & Soaps: Moisturizing without harsh surfactants
- Natural Bug Spray: Spray TerraShield (TerraArmour) on clothes, skin, window sills



## 4. DDR Prime: Protect & Support Proper Cell Functions

- When the cells are sick they should either repair or self-destruct. Protect the body against oxidative stress to cellular DNA. Use DDR Prime daily. Your cells have 3 jobs.

- 1. Duplication (Mitosis)
- 2. Specialized Function
- 3. Self-destruct (Apoptosis)

*Cancer cells are mutated cells that do not self destruct.*

