



Inspiration from Food Alchemy with Vanessa Jean

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## Hello

At the beginning of each year I celebrate my birthday, the 1st of January. I give thanks for my life and the year ahead. It is my time to enter my heart space and really feel what I would like to call in for the year. As I reflect on the year past on December 31st, January 1st continues to hold me in gratitude - an embrace, and as I turn inward I feel where my heart song is taking me.

I take January as my time to detox, cleanse and restore. There are many different ways to do this. I would say do the one that calls to you. dōTERRA have a gentle yet highly effective cleanse and restore program that I highly recommend. Contact me and I can tell you more. I create my own vegan friendly version by buying the Zendocrine liquid and adding that to veggie caps. Eating seasonally and organically will help keep your body and mind clean and operating at its best.

January is also support time for self care and extra loving! Here is one way I gift myself and my husband some regeneration <http://www.emersionfloatationspa.com.au/>

They use dōTERRA essential oils, and have created a most blissful environment here at Emersion in WA.



FLOATATION SPA • SKIN & BODY CLINIC  
Western Australia's Premiere Floatation  
& Wellness Centre







- \* Floatation therapy treatments
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- \* Skin treatments /facials
- \* All beauty treatments
- \* Essential oils and gifts & vouchers
- \* Group bookings
- \* Corporate massage team



PH: 61964011  
[emersionfloatationspa.com.au](http://emersionfloatationspa.com.au)



Vanessa Jean's  
**Celebrate You!**  
Grapefruit  
Invigorating Blend  
Arborvitae

This blend is beautiful for both men  
and women and stunning to  
aromatically dress in.

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## dōTERRA Specials

**Earn a Free Frankincense Promotion Extended**





*'Tis the Season  
that keeps on giving!*



## EARN A FREE FRANKINCENSE

EARN A FREE FRANKINCENSE (AUD \$114.13 LOCAL RETAIL VALUE) BY PLACING ANY SINGLE 200PV ORDER FROM JANUARY 1ST - 15TH, 2016.

[DETAILS HERE](#)

The offer of a free Frankincense with any single 200PV order in December (up to 4 times) has been extended until 15th January 2016. This is an incredibly generous offer by dōTERRA. This oil is the king of oils and my favourite. I use it in many of my blends which you can view [here](#).



## Product of the Month - Lime

# PRODUCT OF THE month



## Lime

essential oil 15 mL

COLD-PRESSED FROM THE PEEL OF FRESH LIMES, DōTERRA LIME ESSENTIAL OIL IS REFRESHING AND ENERGISING IN BOTH AROMA AND TASTE.

Wellness Advocates receive the Free Product of the Month by placing an LRP order of over 125PV between 1-15 January, 2016. (Only 1 free Product of the Month per Wellness Advocate per Loyalty Rewards Order - either Local or International & not both).

# Lime

essential oil



The oil of LIFE!

## Suggested Uses

Diffuse to **uplift mood** with its stimulating and refreshing properties.

Diffuse to **cleanse the air**.

Put some Lime on a cotton pad to help **remove grease spots and sticker residue**.

Add a drop of Lime to your drinking water for **enhanced flavour and antioxidants**.

Used as an aromatic, topical, and internal cleanser. Add 1 drop to your facial cleanser or shampoo for added **cleansing properties**.

Use in **baking**.



## Black Pepper & Lime Raw Chocolates

### Citrus Hummus

1 cup cooked chick peas or 1 tin chick peas, drained and rinsed  
Juice of 1/2 a lime and 1/2 a lemon  
2 drops Bergamot pure essential oil  
2 drops Grapefruit pure essential oil  
3 drops Lime pure essential oil  
Swish of coconut water to smooth out the dip  
2 – 3 tbsp extra virgin olive oil (or you could use avocado oil)  
Celtic or Himalayan salt to taste

Blitz together.



3/4 cup raw cacao powder  
1 cup coconut oil, liquefied  
Pinch of Celtic sea salt  
1/2 cup maple syrup  
2 drops Cinnamon Bark essential oil  
14 drops Lime essential oil  
6 drops Black Pepper essential oil  
1/8 tsp cayenne pepper, to taste  
1 tsp ground vanilla beans  
1/2 tsp ground cinnamon

Mix, then pour into your moulds and refrigerate.



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**10% off in January - Local**



This is a small sample of ways to use the oils. Visit my [website](#) for more inspiration!

If you are new to essential oils and would like to find out more, please go to my [oils page](#). I explain why I love these oils so much, and show you ways to use them, including delectable food recipes and blends. I also explain how easy it is to open your wholesale account, saving you 25%. I would love to help you on your essential oil journey.

## Upcoming Events

### January



What an amazing way to start off the year! I am heading to Queenstown, New Zealand with Paul and Arielle as part of the first ever Australia & New Zealand Incentive trip on January 25 – 28.

As part of this trip we get to ride on a steam ship and have a Co-Impact Sourcing Adventure, where we learn about the positive impact that the harvest of Douglas Fir is having on the natural New Zealand landscape. We even get a chance to get our hands dirty and harvest, chip and prepare material for transport. I can't wait to be part of this experience. dōTERRA is making such a difference in the world with their Co-Impact Sourcing, and you can find out more about this here:

<http://www.doterra.com/en/ourProducts/sourcing/coImpact>

I am always moved to tears watching the videos demonstrating this initiative. Be inspired, and go to <https://www.youtube.com/watch?v=Q70EFAddZdI>

Lastly we get to take a gondola tram to the top of a mountain, lunch and soak in the spectacular views from the Skyline restaurant, and enjoy traditional Kiwi Haka entertainment.

Blessed, blessed, blessed!

### February

February will see me travelling again, this time to the Gold Coast for the Alive Australian Convention. I am planning on doing workshops in both food and oils while I am in Queensland, so stay tuned as the details are finalised.

dōTERRA  
*Alive*  
AUSTRALIA  
CONVENTION | 2016

25-27 FEB  
GOLD COAST  
CONVENTION  
CENTRE



I am also planning a **Fermentation** class in East Fremantle in February.

Other food, aromatherapy training and workshops and retreats are being planned as this newsletter goes out. A schedule will be sent shortly.

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## Spotlight on Spearmint



Spearmint is a reasonably new addition to the dōTERRA line-up, previously only being available during specials.

Spearmint is great to use when Peppermint is too “loud”, as the aroma is more subtle and it is a milder option to use with children and those with sensitive skin.

- Diffuse Spearmint to uplift mood
- Spearmint is helpful in promoting healthy digestion and for the occasional stomach upset
- Spearmint is a great oil to add to foods such as salads and desserts as well as drinks . Try Lemon and Spearmint water with ice cubes and mint leaf.

For more information on this essential oil, go to:

[http://www.doterratools.com/documents/Spearmint\\_Essential\\_Oil\\_Product\\_Information\\_Page.pdf](http://www.doterratools.com/documents/Spearmint_Essential_Oil_Product_Information_Page.pdf)









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## Keeping Cool!

Hydration is vital all the year round, but especially so in summer. The summer heat in Australia can be deadly, so make sure you stay hydrated, and remember to keep extra water around for your pets too, changing it regularly.

While water is by far the best hydration around, it's fun to change it up a bit with essential oils. Lemon is a favourite, but how about using:

- Lime
- Grapefruit
- Wild Orange
- Peppermint
- Spearmint
- Fennel
- Digestive Blend
- Metabolic Blend (which is also known as **Smart & Sassy**) and this blend is 10% off this month. Smart & Sassy is also part of the [Essential Collection and Smart & Sassy enrolment kit](#).

Combinations to try:

- Fennel and Lemon
- Lemon and Smart & Sassy
- A citrus medley of Lime, Grapefruit and Lemon
- Wild Orange with Lemon and/or Lime



## Fermented Ice Blocks

I also like to make fermented lemonade ice blocks. This is water kefir that you can make as a lovely ginger beer or 'lemonade'; all natural and fabulous for restoring health and adding good flora to the belly.

I am planning a fermentation class coming up in February, date to be confirmed, with the venue in East Fremantle. You will be given water kefir grains to take home so you can make this yourself if you don't have water kefir.

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## Blends to Cool the Body





Matt Moran, in this graphic video, demonstrates the real and life threatening dangers of leaving kids or pets in the car. Share this post everywhere ... Watch carefully from beginning to end ... This applies to our children and our fur babies. Let's keep our precious babies safe all year round.

[https://www.youtube.com/watch?v=Og-t\\_74sQ78](https://www.youtube.com/watch?v=Og-t_74sQ78)



## Recipes

By eating seasonally, we get to experience food at its nutritional peak. It is also more economical and much better for the planet.

Here is a good place to go to find out what is available now in your state:

<http://seasonalfoodguide.com/australia-general-seasonal-fresh-produce-guide-fruits-vegetables-in-season-availability.html>

I'm loving all the capsicums and tomatoes at the moment. Here's a recipe I created to take full advantage of this goodness.

## Red Pepper Dream





Summer brings with it an abundance of capsicum, tomatoes, aromatic herbs and the desire for light, bright meals and accompaniments. This dish can be a standalone salad or a beautiful side dish to add to your raw food delights.

## Ingredients

6 red capsicums  
 6 - 8 tomatoes  
 2 red onions or 1 if large  
 A splash of mirin  
 Pinch of salt  
 1 tbsp dried basil  
 Fresh parsley and basil to taste  
 Good quality olive oil (extra virgin for sprinkling over once it is cooked)  
 Optional: add 1 drop Basil essential oil

## Method

Slice the onion finely, put aside.

Heat a large frying pan; add 1 – 2 tbsp of olive oil. Once it is warm add the onion, do not let the olive oil smoke. Turn up the heat and stir in the onions, adding a pinch of salt and a pinch of dry basil. Leave for a few minutes (approximately 5 minutes), then add a dash of mirin, stir well then put the lid on the pan and leave to caramelise.

Meanwhile, dice the tomatoes. Once they are cut and the onions have caramelised (they should be looking like they are going a dark golden colour, and somewhat sticking to pan), add the tomatoes. Stir through, put on the lid and leave on medium heat. The tomatoes will release water and prevent the dish from burning. (If you feel you need to, add 1 tbsp of water). Leave for approximately 10 - 20 minutes before adding the capsicum.

Slice red capsicum and add to the pan. Add the basil and stir well. Put lid back on and leave to cook and soften on medium heat for approximately 40 minutes. Remember the longer you leave this the softer the capsicums, and the sweeter the dish will be.

Serve with an omelette, risotto or any rice dish. Lovely as an accompaniment, in sandwiches/rolls, with eggs and mushrooms and avocado at breakfast or as an anti-pasta dish. Enjoy however you please. We love it as is with some yummy sourdough bread and as a side to omelettes.

## Mango Ice Cream Bliss (nut free, vegan)



With so many nut and dairy allergies floating around, this one is a great ice cream so no

one need miss out!

## Ingredients

5 large ripe mangos  
 1/2 cup coconut cream  
 1/4 cup coconut oil  
 1/2 cup maple syrup (or more if you like it very sweet!)  
 1 tbsp lucuma powder  
 1 tsp vanilla extract  
 1 pinch of Celtic sea salt

## Method

Mix all ingredients in your food processor or blender, check for sweetness adding more if desired. Blend to a smooth, creamy consistency.

Pour into a freezable container...freeze then enjoy your mango blissssss!!!!!!!

This is also delicious frozen as a slab and then you can cut into portions and defrost your piece to eat.

Summer is also about entertaining with simple, nutritious food....

## Citrus and Pepper Hummus

1 tin organic chickpeas, strained and rinsed  
 The juice of one small lemon  
 7 drops Lemon pure essential oil\*  
 2 drops Black Pepper pure essential oil\*  
 7 drops Lime pure essential oil\*  
 1/8 cup extra virgin olive oil, plus extra for drizzling  
 Pinch Celtic or Himalayan salt, to taste  
 2 Tbsp hulled tahini  
 1 tsp Braggs apple cider vinegar  
 Just under 1/4 cup spring water  
 A little lemon zest and olive oil to garnish - ground pepper optional.



**Blitz in a food processor until smooth, adding a touch of extra water or a swish of olive oil if needed to achieve the desired consistency.**

*This is a beautiful blend of ingredients and essential oils to warm and uplift you in winter. The addition of apple cider vinegar gives this a lovely edge and great support for the tummy too!*

*\*I only use pure therapeutic grade essential oils*



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## Summer Beet Relish

1 fresh medium beetroot  
1/2 cup fresh parsley  
2 tbsp coconut yogurt  
(e.g. Coyo brand)  
12 drops Lime essential oil  
5 drops Wild Orange essential oil  
2 drops Cardamom essential oil  
1 tsp extra virgin olive oil  
Salt to taste  
Fresh red chilli to taste  
1 tbsp Braggs apple cider  
vinegar

Blitz to your favourite consistency.  
Delicious with any summer meal.  
Enjoy!

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## CUCUMBER SALAD

Combine diced  
Cucumber and chopped  
Fresh Mint with Olive Oil  
and a pinch of Salt.  
Mix in 2 drops Lemon  
Essential Oil.

ENJOY!

[WWW.FOODALCHEMY.COM.AU](http://WWW.FOODALCHEMY.COM.AU)







**It is very important you only use food grade essential oils**, and I use and recommend **dōTERRA essential oils**. If you would like to know more about these exquisite oils, please go to my [website](#).

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## DVD "Raw Food Adventures"

If you would like to see me demonstrate how easy it is to make delicious raw food (sweet and savoury), my new DVD "[Raw Food Advenues](#)" will get you started!

### Recipes demonstrated:

- Raw Choc Cheese Cake
  - Tropical Bliss Cake
  - Raw Chocolates
  - Chocolate Caramel Cups
  - Raw Chocolate Mousse
  - Raw Pasta
  - Raw Tomato Soup
  - Raw Beetroot Dip
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## Summer Holiday Fun

Looking for fun ways to keep the kids entertained over the school holidays?

I have compiled a series of crafty dōTERRA blog articles. Head over to my [website](#) and click on any of the pictures to be taken directly to the relevant blog article. Happy crafting!



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## Back to School

Eventually the summer school holidays come to a close, and the reality of going back to school for some children can be daunting. Here are some blends to support this transition time. In the February newsletter I will have other blends and suggestions to help with focus and keeping calm.

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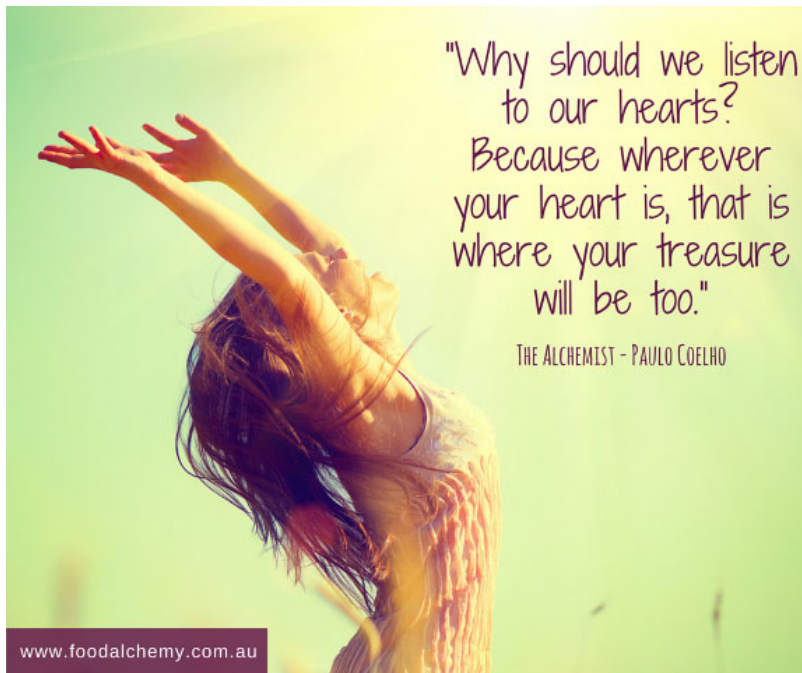


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Until next time, in Joy and Love

Vanessa Jean





## About Vanessa Jean



Vanessa Jean, founder of Food Alchemy, motivational speaker, dōTERRA Wellness Advocate and Queen of Cacao, is passionate about teaching people how to live a life inspired by joy and love.

Using food, aromatherapy, sound healing and her own joy for life, Vanessa Jean inspires people with her recipes, healthy lifestyle, joy and purpose.

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