

Inspiration from Food Alchemy with Vanessa Jean

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Emotions & The Festive Season

Hello <<First Name>>

I love Byron Katie and her way of saying it as it is. "[The Work](#)" is world renowned; it is a way of changing our perception of what is, to seeing what actually is.



You can find her books on [Book Depository](#). I recommend beginning with "[Loving What Is](#)" and "[Who Would you be Without your Story](#)". Take your time and be ready for deep transformation. This has changed the lives of millions. Her advice is simple "**Love what is**" – what really is, and you will live a life of joy. I love the expanded state she takes me into as I journey "The Work" in my personal life and in the life coaching I do for countless magnificent souls choosing to return home to love. My husband and amazing collaborator Paul, also thrives on coaching others to a place of expansion, clear vision and light.



During this time of year, we may be transitioning children to conclude the end of one year, to then adjust to what is to come. Or they are looking in anticipation and sometimes fear of entering the school system for the first time. Homeschoolers too have a transitional phase as they expand into what is to come.



Vanessa Jean's
Children's Transition Blend

2 drops Frankincense
2 drops Wild Orange
2 drops Grounding Blend
1 drop Bergamot

Add to a roller bottle with carrier oil.

www.foodalchemy.com.au

Adults endure their own endings and new beginnings and they are wide and varied. This can increase stress and prevent us from deep sleep.



Vanessa Jean's
Sleep Serenely

1 drop Petitgrain
1 drop Calming Blend
1 drop Vetiver

Diffuse, or aromatically dress
(in 10ml carrier oil).

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I also love diffusing this next blend. The new Calming Blend has the addition of Vetiver, Ho Wood and Cedarwood.



The Calming Blend promotes feelings of tranquility and calm contentment.

These three are our newest additions to our oily family. Use them on the body, in purefumes and diffuse.

Spikenard is like Frankincense, Myrrh and Hawaiian Sandalwood – a holy oil. It was traditionally used to anoint the ajna (third eye) for deeper connection to God. Use in prayer, meditation and manifesting.

Spikenard has been found to have similar properties to Frankincense so use this wonder oil liberally for emotional, mental and physical well-being. I love the deep nourishment this earth essential oil brings to my spirit and soul. I feel him working deeply within me - freeing me from unseen shackles and old stories.



My inner musings on Spikenard.

Petitgrain, known as Lavender for men, is deeply calming and grounding. She

comes from the twigs and leaves of the bitter orange tree. You can add a drop to warm water as a soothing [elixir](#) before sleep – add a tsp or so of chamomile flowers too if you wish.

Blend for Manifesting with Spikenard

Spikenard
Ginger
Lime
Wild Orange

Blend for Liberation from Old Stories

Spikenard
Hawaiian Sandalwood
White Fir
Bergamot

Connection to Source

Spikenard
Frankincense
Lime
Rose (or Blend for Women/Comforting – both have Rose)

Tranquility

Petitgrain
Cedarwood
Bergamot
Reassuring Blend

Use any of these blends as a purefume, [aromatic dressing](#), or diffuse. These blends are beautiful to get your creative on, to rest, sleep, become still or for peace. Use them to uplift your spirit and to sing life back into you.

We are so excited to share the new release products in time for summer and gift giving.

Here is a video with myself and my dear friend and Australia's newest Presidential Diamond, Jessie Reimers, that we created for you!

We are so happy to announce new products will be available locally from January 2017.



Jessie Reimers and Vanessa Jean talk about the new products released in September in Utah, and available at Post Convention tours around Australia and New Zealand.

If you can't make the Post Convention tours around Australia and New Zealand, you can still get hold of the incredible Post Convention Tour Kit. Just add this code to your order: **SKU 60200860** USD \$216, with PV of 120.



*The new spa range! **This is just part of the Post Convention kit.** I have already gone through my entire Replenishing Body Butter. This was so handy when we were travelling!*

You can add the Emotional Aromatherapy Touch Kit for US\$120, PV 100, by adding code **SKU 21850001**.



We will do two more newsletters this month to support you all in this time and to introduce the Christmas products and if you have any questions. For support over the coming season, please email us and we will do our best to respond!

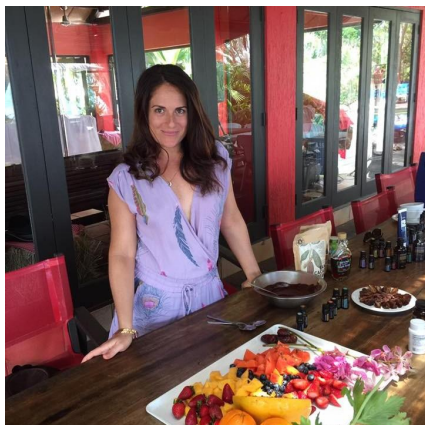
In Joy and Love

Vanessa Jean & family

Now, keep reading for wholefood recipes. More delicious recipes in the upcoming newsletters.

October Highlights

Paul, Arielle and I have just finished 3 weeks touring around the East coast of Australia, teaching, inspiring, learning and loving that we are living our passions of Inspiring, Delighting and Educating.





Food for Nourishment & Heart Opening Joy

Goji Berry Delight

Ingredients

The juice of ½ orange
 Extra virgin olive oil
 3 drops Wild Orange essential oil
 2 drops Lime essential oil
 1 drop Ginger essential oil
 Salt to taste (pepper optional)

Method

Combine well and pour over your salad.

Salad

Mixed greens
 Snow peas, julienne
 Carrots, julienne
 Fresh mint
 1-2 tbsp goji berries
 Fennel – if available, finely sliced
 Zucchini, spiralised (optional)

Combine with hands so that the dressing is massaged into the greens.

Lime, Ginger and Coconut Raw Slice

Optional: top in raw chocolate – delicious. Just sayin!

Ingredients

Note: use organic, sulphate free dried fruits
 1 cup pepitas
 1 tbsp hemp seeds
 10 medjool dates, pitted
 10 dry figs
 1 cup desiccated coconut
 Pinch salt – Celtic or Himalayan
 ¼ cup coconut oil, liquefied

8 drops Lime essential oil
2-3 drops Ginger essential oil (to taste)

Method

First grind seeds in food processor, then add fruits, salt, and desiccated coconut. When they are broken down, add coconut oil and essential oils. Combine until it forms a ball.

Lay mixture onto a baking tray – for ease, line with parchment paper/baking paper. Flatten with hands or spatula.

Set in fridge/freezer.

Optional – add chocolate topping before setting.



Upcoming Events

Please visit the [Events](#) page for all current events.

Singapore Essential Oil Classes 21-24 November 2016

Join Maggie Briggs (Nature to You) and Vanessa Jean (Food Alchemy) in these beautiful essential oils classes where they will take you on a journey into the wonderful world of 100% Certified Pure Therapeutic Grade (CPTG) essential oils, and how these ancient plant remedies can bring balance into your life, helping you and your family to achieve optimal health.

We invite both women and men along to these powerful events, where you will learn about fast acting, highly effective, inexpensive natural remedies that you can use at home. These oils classes will cover areas such as: stress, moods & emotions, enhance well-being, health and vitality, pain management, focus and

concentration for work and studies, deeper sleep, support healthy immune system, essential oils in food and lots more...

21st November 2016**7-8.30pm**

<https://www.eventbrite.com.au/e/essential-oils-for-everyday-life-singapore-21-november-2016-tickets-29212196466>

22nd November 2016**3-5pm**

<https://www.eventbrite.com.au/e/essential-oils-for-everyday-life-singapore-22-november-2016-3-5pm-tickets-29272256106>

7-8.30pm

<https://www.eventbrite.com.au/e/essential-oils-for-everyday-life-singapore-22-november-2016-7-830pm-tickets-29272268142>

23rd November 2016**11am-1pm**

<https://www.eventbrite.com.au/e/essential-oils-for-everyday-life-singapore-23-november-2016-11am-1pm-tickets-29272276166>

3-5pm

<https://www.eventbrite.com.au/e/essential-oils-for-everyday-life-singapore-23-november-2016-3-5pm-tickets-29272291211>

7-8.30pm

<https://www.eventbrite.com.au/e/essential-oils-for-everyday-life-singapore-23-november-2016-7-830pm-tickets-29272300238>

24th November 2016**10am – noon**

<https://www.eventbrite.com.au/e/essential-oils-for-everyday-life-singapore-24-november-2016-10am-noon-tickets-29272314280>

Where

Address given with registration.

Investment

Free

Facebook

<https://www.facebook.com/events/1505790816102780/>



Singapore

Essential Oils for Everyday Living

21 – 24 November 2016
Address given with registration

Join Maggie Briggs (Nature to You) and Vanessa Jean (Food Alchemy) in these beautiful essential oils classes where they will take you on a journey into the wonderful world of 100% Certified Pure Therapeutic Grade (CPTG) essential oils, and how these ancient plant remedies can bring balance into your life, helping you and your family to achieve optimal health.

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RSVP: to secure your place at these events, book your *free* ticket through Eventbrite.

Dates and Times			
21 NOV	22 NOV	23 NOV	24 NOV
7-8.30pm	3-5pm	11am-1pm	10am-noon
	7-8.30pm	3-5pm	
		7-8.30pm	

Eventbrite bookings links can be found at www.foodalchemy.com.au

Free events
 Bookings essential through Eventbrite.
 Enjoy prizes and giveaways.

Enquiries via email to: maggie@naturetoyou.com.au

Going Deeper into Placements 1/12/16



Going Deeper into Placements

Thursday 1st December 2016

10am - 1pm

Maylands Peninsula Golf Course, Swan Bank Road, Maylands

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamonds, in this 3-hour in-depth workshop about going deeper into placements.

Bookings are essential through Eventbrite.

\$10 of every ticket is going to the Healing Hands partnership with Operation Underground Railroad.

<https://www.eventbrite.com.au/e/going-deeper-into-placements-11216-tickets-29211815326>

\$19 per
person

www.foodalchemy.com.au

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamonds, in this 3-hour in-depth workshop about going deeper into placements.

Bookings are essential through Eventbrite.

Date

Thursday 1st December 2016

Time

10am – 1pm

Where

Maylands Peninsula Golf Course
Swan Bank Road, Maylands

Investment

\$19 per person, with \$10 of every ticket going to Healing Hands partnership with Operation Underground Railroad.

Eventbrite

<https://www.eventbrite.com.au/e/going-deeper-into-placements-11216-tickets-29211815326>

Facebook

<https://www.facebook.com/events/585109891697840/>

An Exclusive Night with Rob Young 6/12/16


This event is being organised by doTERRA Corporate, so stay tuned while details are being finalised. Bookings will be essential for this free event - one not to be missed!

An exclusive night with
Rob Young
 dōTERRA Founding Executive
 Product Marketing and Branding Services

Tuesday, 6th December 2016
 6pm - 9pm
 Riverside Room, Perth Convention & Exhibition Centre

Join us for a special night with Rob Young. His product expertise includes skin care, personal care, household consumer product, and developing and marketing nutritional wellness products and programs.

Rob considers his most satisfying professional achievement to be his work with impoverished communities of the world as the director of the dōTERRA Healing Hands Foundation.™



Silver and Above Retreat 15/3/17



Open to Silver and above on any team \$39 pp

Silver & Above Advanced Training

Wednesday 15th March 2017
 1 - 6pm
 Gold Coast Convention and Exhibition Centre, 2684 - 2690 Gold Coast Hwy, Broadbeach QLD

It's time to clear your path to your next rank in dōTERRA!

Join us for a day dedicated to Silver and above leaders where you will be given rank specific strategies, skills and tools to break through personal and business barriers.

Top U.S. and Australian leaders will be your guides, teachers and mentors. The know-how they have acquired will be passed on to you from those that have been where you are going.

Let's turn your sticking point into your tipping point!

<https://www.eventbrite.com.au/e/silver-and-above-advanced-training-tickets-28067079390>

www.foodalchemy.com.au

*** STAY TUNED ***

This event sold out! We negotiated a larger spot and it still sold out!

Join us for a day dedicated to Silver and above leaders where you will be given rank specific strategies, skills and tools to break through personal and business barriers.

Top U.S. and Australian leaders will be your guides, teachers and mentors. The know-how they have acquired will be passed on to you from those that have been where you are going.

Let's turn your sticking point into your tipping point!

Date

Wednesday 15th March 2017

Time

1 – 6pm

Address

Gold Coast Convention and Exhibition Centre
2684 -2690 Gold Coast Highway
Broadbeach, QLD 4218

Investment

\$39 per person

Eventbrite tickets on sale until 14 March 2017 unless sold out prior.

Eventbrite

<https://www.eventbrite.com.au/e/silver-and-above-advanced-training-tickets-28067079390>

Facebook

<https://www.facebook.com/events/582346348633465/>

2017 Australia / New Zealand Convention

Gold Coast

Thursday 16th March - Saturday 18th March 2017.

Add this to your planner! More details will be released shortly.



OneTree 19/3/17

Come join U.S. and Australian dōTERRA dynamos for a high-powered, fun-filled day of inspiration and entertainment, including in-depth learning and paradigm shifting!

Open to all ranks and all teams. Auslan interpreters provided.

With up to 3,000 people expected to attend Convention 2017, this event will sell out fast!

<https://www.eventbrite.com.au/e/one-tree-business-training-19-march-2017-tickets-28072094390>

Just
\$49 per
person



Come join U.S. and Australian dōTERRA dynamos for a high-powered, fun-filled day of inspiration and entertainment, including in-depth learning and paradigm shifting!

Open to all ranks and all teams. Auslan interpreters provided.

With up to 3,000 people expected to attend Convention 2017, this event will sell out fast!

Date

Sunday 19th March 2017

Time

10am – 6.00pm

Address

Gold Coast Convention and Exhibition Centre
2684 -2690 Gold Coast Highway
Broadbeach, QLD 4218

Investment

\$49 per person

All bookings must be through Eventbrite and tickets will be on sale until 18th March 2017 unless sold out prior.

Eventbrite

<https://www.eventbrite.com.au/e/one-tree-business-training-19-march-2017-tickets-28072094390>

Facebook

<https://www.facebook.com/events/1106320749445106/>

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.

*** It is very important you only use food grade essential oils**, and I use and recommend **dōTERRA essential oils**.

Vanessa Jean on YouTube!



YouTube channel:

Food Alchemy with Vanessa Jean

Don't forget to subscribe to keep up-to-date with all the latest. We are regularly adding to our YouTube channel.

doTERRA Specials of the Month

Product of the Month is On Guard

Place your loyalty rewards order of over 125PV before the 15th of the month to receive a **5ml On Guard Protective Blend**, the Product of the Month!





Marinated Apples

Cut apples into desired pieces.

Then soak in water, with 1 drop of your choice of food grade essential oil for each apple used, for at least half an hour.

Then drain. Why not drink the drained water!

Your apples won't oxidise.

ESSENTIAL OILS TO CONSIDER

Lemon, Bergamot, Wild Orange, Grapefruit and Protective Blend.

www.foodalchemy.com.au

10% Off Local is Cardamom

Check out my website for more [Cardamom](http://www.foodalchemy.com.au) ideas (recipes and blends).



Vanessa Jean's

Warm Heart Blend

Clove
Cardamom
Wild Orange
Cinnamon Bark

My heart is open to receive love
and all her precious gifts.

www.foodalchemy.com.au

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!

www.foodalchemy.com.au



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 Adventures](#)" 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

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