

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

As I mentioned in the last newsletter, we, as a family, travelled much of October and November. We were touring the East Coast, sharing doTERRA essential oils, wholefoods and The Way of the Soultrepreneur – our unique business training for those wishing to live a similar lifestyle as us.

As we travel, we often eat foods we would not normally. Eating out takes its toll on my tummy in particular. I find during the festive season of November – January many experience abdominal discomfort! Overindulgence runs rife!



In this edition, I am going to give the tummy some focus with good gut health and nourishing foods.

So, I thought I would share with you what I use to support me.

[Zendocrine essential oil](#) (also comes in [capsules](#)). I make my own capsules and massage this god-send of an oil over my tummy and feet, or I make an aromatic dressing blend and massage the oil over my whole body. Just be aware of the photosensitive nature of this blend so don't aromatically dress and then go to the beach!



I also love a drop or two of Zendocrine in my water and I alternate this blend with [DigestZen](#) – a powerful blend to support our digestive system.

[Smart & Sassy](#), the Metabolic Blend, helps dissolve fat and either increases or decreases our metabolic rate, depending on what our body needs. It is a fabulous blend to help eliminate sugar cravings too, and to help release excess physical and “emotional” weight. And I love to add extra Grapefruit at the moment. This combination is also helping me with the emotional upheaval I feel as I criticize my body. This blend helps to increase self acceptance, self love and nurturing.

My favourite allies to ingest as I travel, which you will love during the silly season, are [Terrazyme](#), and PB Assist (kids and adult’s versions available). These help support my body with the digestive enzymes and pre & probiotics needed for healthy gut function.

The [Serenity](#) capsules have been my saving grace! I sleep so much more deeply and wake up more refreshed than I can remember being!



Miracles, Sleep & Transformation

Fermentation

Fermented vegetables and drinks are a great place to start. If you find it difficult to get these into your family, look at the [PB Assist](#) (adults) and the new children's formulation - [PB Assist Jnr](#).

I love making sauerkraut and have shared it before, so here is another beautiful veggie ferment.

Note: you might also like to visit my [December 2015 newsletter](#) for more fermented food and drink ideas.



The Green Goddess

When I made this and saw the end result, I stroked her lovingly and thought ahhh she looks and feels like a green goddess! I loved the taste and look of this one as soon as I created her, she makes for a beautiful side dish. This is my new favourite fermented veggie mix!

Makes a 2L jar full of fermented vegetables.

Ingredients

½ head savoy cabbage, finely shredded
1 daikon radish, cut into half moons
4 celery sticks with leaves, finely chopped
1 tsp Herbamare salt
2 tbsp Celtic or Himalayan sea salt
½ cup water kefir
Zest 1 lemon
Zest 1 lime

Paste

1 lemon
1 lime
2 inch turmeric root
The leaves of the celery sticks
1 tbsp water kefir product

Method

Begin with the shredded cabbage, place this into a large bowl with 1 tsp Herbamare and salt, and begin to massage with your hands and your love. You will notice it very quickly reduces in size as the water of the cabbage begins to slowly release.

Place all remaining chopped vegetables into the bowl with the salt, and continue to massage with love.

Add the water kefir product to inoculate the mix along with the citrus zest. After approximately 10 minutes of massage, add the 'paste'.

To create the paste, cut the citrus fruits to go into your food processor (use the whole remainder of the fruit – the zest is already in the bowl), add the paste ingredients, and blitz until well combined and smooth.

Once this is smooth, massage this mix into the veggies in the bowl until well combined (a further 5 – 10 minutes). You want to make sure this is well massaged.

Then press the mix into a clean glass, 2L jar (use only screw top or clasp down lid so it does not explode). Push it down with your fist so that the vegetables are well covered by the liquid. To help, you can put some spring water in a small plastic bag, secure the bag (a tight knot) then lay this on the top of the veggies and this will help keep them submerged during the fermentation process. Or, add a large cabbage leaf to weigh it down under the water. Sometimes if this isn't enough I lay the leaf over the veggies then add the plastic bag with spring water onto that - it makes for a lovely "weight".

Allow 7-10 days for fermentation in the cold season (or shorter in hot weather) - it may need longer. You will know it is ready when you see small bubbles rising and you can often "hear" the veggies as the gas rises. This is a very healing mix and wonderful to support the gut and the immunity.



Daikon radish is prolific in our garden right now and available in store, so here is a great recipe to ferment them and use the excess.

Diakon Delight

I love the colours of this one...reminds me of Christmas! This is so simple and takes no time! Makes approximately 700mls.

Ingredients

1 daikon radish
1 red capsicum
1 tbsp dried dill tops
Generous pinch salt (Celtic/Himalayan)
¼ cup water kefir product + extra to cover the mix

Method

Slice the daikon radish in half moon shapes, and chop the red capsicum.

Add these to a bowl and massage with the remaining ingredients leaving the extra kefir for later.

Once well combined, add the mixture to a clean, glass jar, cover in water kefir product and leave to ferment on the bench for one week.

Enjoy this simple delight!



A beautiful blend to celebrate life and the warmth that this time of the year brings is "[Holiday Joy](#)". This blend is only sold during November and December while stocks last (and is the product of the month for December). I am thrilled it is back again as it is one I love dearly and, like the [Protective Blend](#), is "🎄Christmas in a bottle🎄". Diffuse it around your home or work space for uplifting, clarity, peace and joy!

Holiday Joy, Douglas Fir, White Fir

Holiday Joy, Spearmint, Wild Orange

Holiday Joy, Myrrh, Spikenard, Frankincense

Holiday Joy, Tangerine, Grapefruit, Spikenard

Or, try these aromatic dressing blends in 10ml fractionated coconut oil (or use as a purefume):

"I embrace tranquility"

Spikenard, Console, Frankincense, Cardamom

"I am joyous"

Petitgrain, Tangerine, Spearmint

"I am still"

Spikenard, Rose, Douglas Fir, Bergamot

"I am grateful"

Clary Sage, Spikenard, Lime, Cardamom

Look out for the next newsletter on self care and nourishing the soul.

In Joy and Love

Vanessa Jean & family

Upcoming Events

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

An Exclusive Night with Greg Cook 6/12/16

[Bookings](#) are essential for this free event - one not to be missed!

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!**

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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.

SAVE THE DATE!

dōTERRA Australian Convention

Thursday 16th March to Saturday 18th March 2017

Gold Coast Convention and Exhibition Centre
Gold Coast Hwy, Broadbeach QLD



OneTree 19/3/17



One Tree
Share Success Australia

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Sunday 19th March 2017, 10am - 6pm

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

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



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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

10% Off Local is Douglas Fir

SAVE 10% IN DECEMBER - AU

Douglas Fir

essential oil 5 mL

SOURCED LOCALLY IN NEW ZEALAND, DOUGLAS FIR IS AN OIL THAT IS CLOSE TO OUR HEARTS. NOT ONLY DOES IT PROMOTE CLEAR AIRWAYS WHEN DIFFUSED, BUT IT ALSO HELPS CLEANSE AND PURIFY THE SKIN WHEN ADDED TO YOUR DAILY SKIN ROUTINE. IT'S LEMON-SCENTED NOTE GIVES THIS OIL A SWEET, REFRESHING SCENT WHICH WHEN ADDED TO CITRUS OILS, CAN CREATE AN UPLIFTING ENVIRONMENT.



USES

1. Diffuse to promote feelings of clear airways and easy breathing.
2. Add to daily skin routine to cleanse and purify the skin.
3. Combine with 1-2 drops of Wintergreen for a relaxing massage experience.

31590004 WHOLESALE AUD \$39.00 25.50 PV
AFTER DISCOUNT AUD \$35.10 22.95 PV

doTERRA

Vanessa Jean's

Spearmint & Wood

Spearmint & Douglas Fir
Spearmint & Sandalwood
Spearmint & White Fir

www.foodalchemy.com.au



[Douglas Fir](#) is a recent edition to the doTERRA range of essential oils.

Suggested uses:

- Combine Douglas Fir with Wild Orange, Lemon, or Bergamot in a diffuser to freshen the air, uplift mood, and promote a sense of focus.
- Add 1 drop to facial cleanser, bar soap, or body wash for added cleansing benefits and an invigorating aroma.
- Diffuse 2–3 drops Douglas Fir with 2–3 drops Eucalyptus, or rub into hands and inhale deeply to promote feelings of clear airways and easy breathing.
- Combine with 1-2 drops of Wintergreen for a relaxing massage experience.

Check out my website for more [Douglas Fir](#) ideas.

Product of the Month - 5ml Holiday Joy



Diffusing Holiday Joy throughout your home will uplift the soul and warm the spirit as it fills each room with the joyful scent of Christmas.



December is a 200PV Month

'Tis the Season

dōTERRA

EARN A FREE FRANKINCENSE

EARN A FREE FRANKINCENSE (AUD \$114.13 RETAIL VALUE) BY PLACING ANY SINGLE 200PV AUSTRALIAN ORDER FROM DECEMBER 1ST - 31ST, 2016.

FRANKINCENSE

Frankincense has extraordinary benefits. It's soothing and beautifying properties are used to rejuvenate skin and reduce the appearance of scars and stretch marks. As the king of oils, Frankincense can be consumed daily for internal benefits. Frankincense induces feelings of peace and relaxation.

PRIMARY USES:

- Can help promote youthful, radiant-looking skin and slow the signs of aging by reducing the appearance of skin imperfections.
- Can be applied to the bottoms of feet to help relax.
- Dry weather can take a toll on your nails. Try applying a drop of Frankincense to strengthen weak fingernails.

RULES & TERMS:

- Orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Orders placed outside the qualifying time period (December 1 to December 31, 2016) do not count toward the promotion.
- All orders must be placed and processed before December 31, 2016, at 11:59 pm Utah Time to receive the free product.
- PV is not equal to the cost of an order. Before completing an order, the individual must verify that the order is 200 PV.
- A single order can only qualify for one promotional item. If your order is 400 PV+, it must be placed as two separate single 200 PV orders to qualify for more than one promotional item.
- Any orders or items returned that result in the order going below the 200 PV requirement will have to return the free bottle of Frankincense or you will be charged for the product.
- Retail, Wholesale, and Preferred Members can qualify for the promotion by ensuring their order is at least 200PV.
- Limit of 4 per member.

If you feel you have qualified for the promotion but did not receive the products, contact the promotions team at australia@dotterra.com no later than January 15, 2017. Exceptions will not be made after this date.

30070004 AUD \$114.13 RETAIL VALUE 77.50PV

Frankincense is like a song in my heart. Not a day goes by without him. I love to "ingest" him in myriad ways; under my tongue, and in my water bottle (sometimes combined with a drop or two of Lemon to support my body, mind

and emotions and to clear and cleanse). I also love to “ingest” him via our largest organ – the skin. I anoint myself in Franki boy as we affectionately call him, daily. On my wrists, and my ajna (third eye), my throat, and heart centre and behind my ears. Aromatically dressing in this powerful essential oil opens my heart in joy!

We diffuse him, spritz him, and take him with us everywhere!

So why Frankincense?

I truly believe there was a reason Jesus was given the gifts of Frankincense, Myrrh and Gold at his birth.

Frankincense, the King of the aromatherapy kingdom, lends incredible strength and support to us. He helps to balance the sacred masculine energy within us all and the planet. To me, I feel his warm embrace. It is like he wraps his arms around me saying “We’ve got this, together we’ve got this.” He serves as a powerful reminder to me of “This too shall pass”.

If Frankincense had a Queen, it would be Myrrh. She represents the sacred feminine of the triple Goddess energy of Maiden, Mother, Crone; she represents crone energy.

The Crone no longer experiences her moon time as a bleed. She now harnesses that energy from her sacred womb space and radiates out her wisdom and equal measures of light and shadow from this place.

The crone is comfortable in her skin. She knows who she is. She regenerates by harnessing the power of her true mother – Mother Earth. She rests her bare feet upon the soil and fills her cup.

The crone mother is the way-shower. She reminds us to stand in our power as women, or for men, in their sacred feminine, not having power over anyone, instead empowering as she goes. Sometimes she is confronting both for her power and her scent, as can be with Frankincense.

Together they are a powerful union. When we use or “work with” this magnificent duo, we are confronted by our shadow, our light, and the truth of who we are. For many, they feel daunted by journeying the pathways of truth in such a profound way.

I would say this – jump in!

With both feet and awareness that life will become so much sweeter for the opportunity to walk the path of your heart, the path that your soul and creator intended for you.

Gold was the final gift bestowed upon Jesus.

The alchemists of old were able to create or alchemise the basest mineral to gold. We would do well to apply this notion to life. - alchemising the energy of fear, harnessing it, and accepting it for what it is. In so doing, allowing it to dissolve from that contracted state into the expanded and universal state of Love. Indeed, our natural state and the natural state of the planet.

A blend I have been teaching and sharing for decades that support us in our journey as we return to our natural state is:



Check out my [website](http://www.foodalchemy.com.au) for more Frankincense blends.

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