

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Hello <<First Name>>

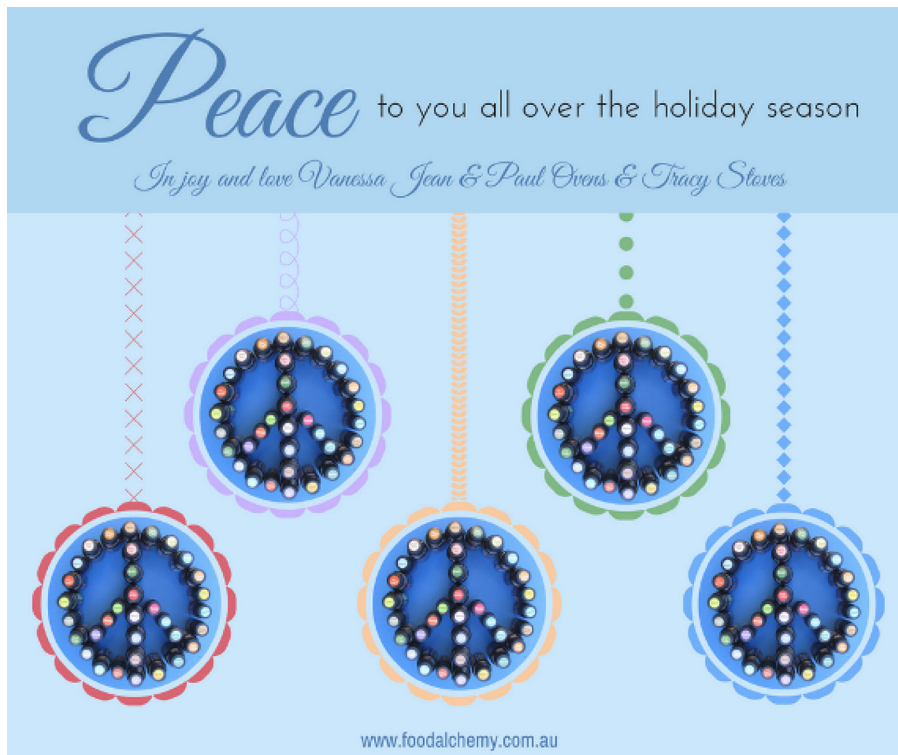
Self Care

In our last newsletter (December Part 1), we looked at ways to nourish yourself with fermented food and how to help with digestive discomfort over the festive season due to overindulgence.

We are going to change tracks in this newsletter and look self care, including a bedtime routine and nourishing ourselves with nutrient dense, totally delicious treats.

In Joy and Love

Vanessa Jean & family



Be sure to look out for the next newsletter edition for a Christmas Recipe book we are gifting to you all.

Self-Care Bedtime Routine

At night, create a beautiful bedtime ritual for yourself. Here is a lovely one...

Set up one diffuser in the bedroom an hour before sleep with:

3 drops Peace Blend (or new Serenity Blend)
2 drops Petitgrain

Take 2 **Serenity capsules** 30 minutes before sleep.

Place a drop of **Vetiver** on your big toe then massage the **Peace Blend** roller over the top and soles of your feet – add extra **Vetiver** if you like. Also, anoint your pulse points with the roller.

(I love the new [Emotional Aromatherapy Touch Kit](#) in rollers! I travel with them everywhere and use them as my purefume and to support my moods, emotions and mental state throughout the day.)

Take 10-20 minutes before sleep to meditate, pray, or journal.

Write a letter to your “God/Source etc” “handing over” the day and your dreams/wishes/aspirations for the coming day/week/year.

I highly recommend not being on technology at least an hour before sleep and don't recommend having the phone in your bedroom. Even switched off, emissions still come off mobile phones.

During your 10-20 minutes (or more) of stillness time before sleep, allow yourself to release the day and call on what you desire. Set your intention for that night, i.e. deep sleep, or the coming days.

I have to say, since using the new Serenity caps, not only is my sleep deeper and so much more restorative, I awaken with energy once more! I am so excited about this! Since having my daughter, my sleep has not been deep and replenishing. All that has changed in the last month since using the Serenity capsules.

Something I love is peace and quiet... this bedtime ritual is simple and beautiful. Most nights I read. I love to unwind this way. So, I always recommend having something that brings you joy to read at night. Nothing too violent or vexing to the spirit. Remember, what goes in has to come out, so you want to be sure peace and tranquility are what you invite in!



Loving Myself Enough to Self-Care Blend

Grapefruit
Ylang Ylang
Inspiring Blend

Aromatically dress (in 10ml carrier oil), or diffuse.

"I Love Me as I Am" Blend

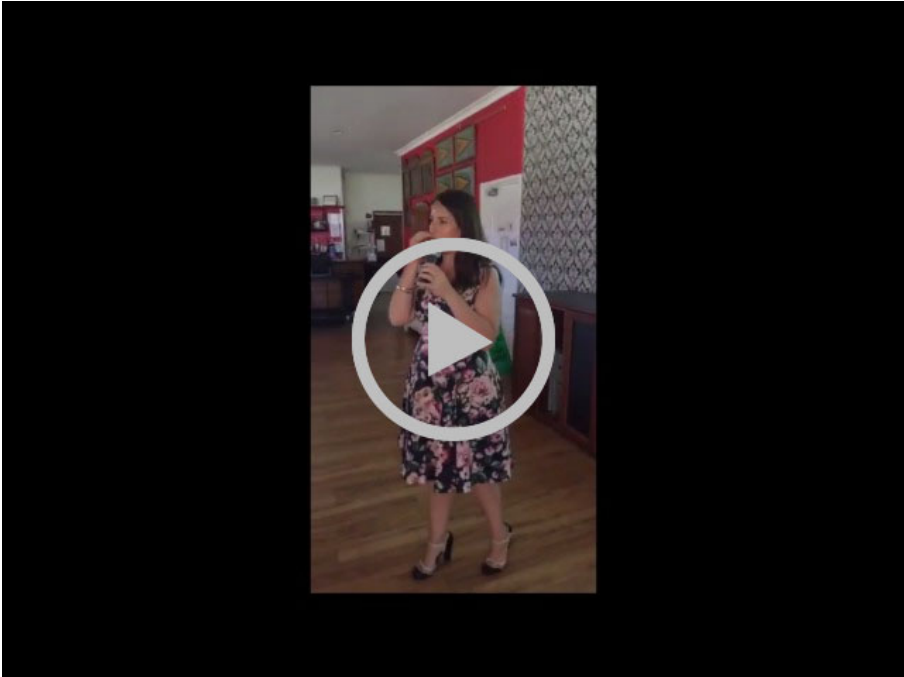
2 drops Petitgrain
2 drops Cardamom
1 drop Geranium
2 drops Grapefruit

Add to 10-12 ml carrier oil or unscented hand and body cream and lovingly massage over your body.

I Breathe and I Expand

Petitgrain
Eucalyptus
Peppermint
Massage Blend (also known as Spa Blend)

Diffuse to increase respiration, flow and creativity and to clear odours or heavy or negative energy.



Self Love



Emotional Balance and Sanity for the Festive Season





Food for the Festive Season

Raw Chocolate Dipping Sauce

I recently shared this delectable feast of love with a group on a retreat in Port Douglas. It was such a beautiful way to engage the senses and come alive with colour, texture and flavour.

Use fresh berries, paw paw, pineapple, banana... anything you like! If you wish, you can half immerse the fruit into the chocolate dipping sauce, then place them in the fridge to set. Raw chocolate, when placed in the fridge or freezer will harden. The texture is pleasing and velvety.

You could use many different essential oils, including citrus. I chose these oils to reflect not only the festive season, but the heart. They open our hearts to love and fill us with warmth, joy and hope.

Ingredients

- 1 cup raw cacao powder
- 1 ¼ cup coconut oil, liquefied
- ½ - 1 cup whole sweetener (maple syrup, raw honey for example) – to taste

* Essential oils: Cardamom, Wild Orange, Cinnamon Bark, Cassia, Spearmint

Method

Stir ingredients in a bowl by hand until thick and creamy. Alternatively, stir on gentle speed in a food processor.

Divide the mixture up into four small ramekins and then add essential oils – you can do this to taste. Here is a guide:

2 drops Wild orange with 1 drop Cardamom

1-2 drops Cinnamon Bark

1-2 drops Cassia

1-2 drops Spearmint

Combine well.

You will also need fresh, beautiful, seasonal fruits for dipping.

*I only use doTERRA food grade, [click here to purchase and learn more](#).

Dip with your fingers or using toothpicks and relish the bliss of your mouthgasm.



Recipes to care for and nourish yourself

Cardamom Bliss Balls

Ingredients

2-3 cardamom pods, remove seeds

12 dry figs

¼ cup desiccated coconut

¼ cup hazelnuts

6 Brazil nuts

1 tbsp hemp seeds/hearts (optional)

½ tbsp coconut oil, softened

1 tbsp raw cacao powder

1 tbsp cacao nibs*

1-2 drops Cardamom essential oil (to taste)

*If you don't like cacao, simply leave out or supplement with carob.

Method

Grind cardamom seeds in mortar and pestle or add in with nuts in a food processor. Blitz nuts and seeds to a fine meal.

Add figs and coconut and give a quick blitz to roughly chop the figs.

Add coconut oil and remaining ingredients until it all comes together in a ball.

Roll into small bit size bliss balls. If desired, you can roll the balls into freshly ground cardamom mixed with cacao nibs or desiccated coconut, or simply roll in either the nibs or coconut.

Set in the fridge and keep refrigerated. These bliss balls are delicately soothing to the tummy and nourish the spirit.

Love Elixir

- 1 tbsp passion flowers
- 1 tsp damiana
- 1 drop Rose Essential Oil

(Geranium or Lavender will substitute for those without Rose)

Boil the kettle. Add ingredients and boiled water to a teapot.

Add your chosen essential oil when it cools a little.

Drink in your favourite tea cup with a book and a journal and bliss out!

This elixir opens the heart to love, connects us in spirit, and rekindles our sexuality and sensuality and makes for a wonderful pre-sleep or pre-lovemaking blend and a gorgeous self-love blend.

www.foodalchemy.com.au



Wild Orange & Cacao Dates

Medjool dates

Cacao beans

Wild Orange essential oil

Carefully pit the medjool dates, taking care not to "mush" them.

Add 1 drop of Wild Orange essential oil to the open date, then insert the cacao bean and make it as a "sandwich" or leave them in halves.



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Simple • Tasty • Nourishing

The quantity of ingredients depends on how many you wish to feed with this. It could be 1-2 for yourself, or you may choose to do a pretty board up with these and some cheeses, fig paste, grapes and crackers.



Cardamom & Cacao Dates

Medjool dates

Cacao beans

Cardamom essential oil

Carefully pit the medjool dates, taking care not to "mush" them. Add 1 drop of Cardamom essential oil to the open date, then insert the cacao bean and make it as a "sandwich" or leave them in halves.

Simple • Tasty • Nourishing



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Nut Date Sandwiches

Medjool dates

Nuts of choice

Essential oil*

Carefully pit the medjool dates, taking care not to "mush" them.

Add 1 drop of essential oil to the open date, then insert your nuts of choice and close the date to make a "sandwich".

*e.g. Lime, Wild Orange, Cardamom, Ginger, Bergamot

Simple • Tasty • Nourishing



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The food you create needs to nourish you and fill you with joy. Grow what you can. Use organic and biodynamic fresh produce and products. Let your heart sing with joy and your taste buds party while you eat.

Strawberry Cashew Cream Dream



Image here shows recipe using frozen raspberries.

With the advent of all things berry delicious I thought I would share this simple, lovely recipe with you for the summer and Christmas holidays. You can replace the strawberries with other berries, or create a mixed berry sensation, however be aware of liquid. Some berries have higher water content than others, so adjust for this as needed.

Crust

1 cup hazelnuts

1 cup almonds

1/4 tsp sea salt

5 medjool dates, pitted and chopped

Optional - 1 drop Cardamom essential oil & 1 drop Cinnamon Bark essential oil

Filling

3 cups raw cashews, soaked overnight in the fridge in warm/hot weather (or at least 3 hours)

1/2 cup agave syrup/other sweetener (I tend to not use rice malt syrup in raw desserts)

1/4 cup good quality water (I love using the date water for this; it adds sweetness too)

1/4 cup fresh lime juice (if you have an abundance of lemons or oranges these can be used too. It will give a slightly different finish, still delicious!)

1 tsp vanilla extract

3 - 4 punnets of fresh, organic strawberries (reserve 10 for decorating), washed and halved – about 4 cups (or use other berries of your choice, or a mixture)

3/4 cup coconut oil, liquefied

Method

Lightly grease a 9-inch spring form pan with coconut oil, then line with baking paper and set aside. Alternatively, use small individual sized spring-form pans.

To prepare the crust, pulse nuts and salt in a food processor until finely ground, then add the dates and pulse until the mixture holds.

Firmly press crust into the bottom of prepared cake pan. Put this in the fridge or freezer.

To prepare the filling; rinse the cashews thoroughly, then pulse them in the food processor until crumbly.

Add chosen sweetener, water, lime juice and vanilla and puree until very smooth, scraping down the sides with a rubber spatula to make sure you get everything. Add the raspberries and puree until thoroughly mixed.

The filling will now be a lovely pink colour. With the processor running, add the liquefied coconut oil in a steady stream.

Pour the filling into the cake pan on top of the base. It will look like a smoothie - fear not, it will set! Cover with baking paper and place in the fridge or freezer to set. Make sure the cake is placed level so that your cake is even and flat on the top when it sets.

Leave to set for at least 4 hours or overnight.

Note: if you are using essential oils to the filling, do not substitute to citrus juice as the citrus juice is needed to create body and a smooth consistency. You may like to add 1-2 drops of a combination of the spices and citrus oils.

Meanwhile take the remaining 10 or so strawberries, slice into quarts or slivers and lay on a plate and sprinkle with cinnamon or vanilla sugar if you want something different. Leave to sit whilst you prepare the coulees.

If you would like to do strawberry coulees on top, prepare when close to serving. Simply blend the strawberries with agave until it is all red and syrupy. Pour over the top at serving time.

Release the cake from the spring-form cake tin and place on a nice serving platter or cake plate. Cut into slices, and serve with strawberry coulees and vanilla strawberries (or plain raw strawberries in their natural state).

A variation of this recipe - Raspberry Cashew Cream Dream - will be in the next edition of our newsletter. Make sure you watch out for it in our gift to you of the Christmas Recipe Book.



Two beautiful books I recommend:

[Diana Herself – An Allergory of Awakening by Martha Beck](#)

[Rise Sister Rise – A Guide to Unleashing the Wise, Wild Woman Within by Rebecca Campbell](#)

If you would like a blend to diffuse while reading these books of awakening, and empowerment, try:

Arborvitae
Ylang Ylang
Jasmine
Bergamot

Upcoming Events

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

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

Silvers and Above - if you have not already registered for this event, please contact Tracy directly at foodalchemy.tracy@outlook.com to receive your personal invitation to this event.

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**



One Tree

Share Success Australia

.....

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



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

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





Product of the Month is 5ml Holiday Joy



December is a 200PV Month - and the product is Frankincense!

'Tis the Season



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

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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 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