

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Hello <<First Name>>

The theme for this letter is **balance** and **love**.

School holidays are now over and life returns to a more normal routine for many. This newsletter gives you some tips to help with the transition to school time, for both children and adults. I've also included some sublime cacao recipes for a happy heart!

There are still a few places available for my intimate 1-day retreat filled with sound, food and peace. If you need some pampering, this 1-day retreat will help you to restore your balance after the holidays and return you home to heart. Bookings are available through [Eventbrite](#)

School lunches can be the bane of many a parent's life, so I've included school friendly recipes here to help you. Not only do they make good lunch box fillers, but after school fillers as well!

The Deliciousness of Douglas Fir!



I have just returned from a trip to New Zealand as part of an incentive trip for dōTERRA. But oh, it was so much more! We got to participate in the [Co-Impact Sourcing of Douglas Fir.](#)

Douglas Fir was an introduced species to make the South Island of NZ more 'alpine'. It now takes over like a tsunami of trees across the land. No animals can thrive nor other plant life survive in their wake. Thus, dōTERRA have created this marvellous co-impact sourcing project to align with the land and the trees to harvest the young fir whilst it is very young - before it produces cones and spreads further. The smell is sweet and pure.

We went in groups. Some cut them down, others carried them to the pile and still some of us prayed and gave thanks (I was in the latter two categories lol! My heart just can't cut them down!) Then we drove them all down the hill and watched the magical process of creation ... The smell of the Douglas Fir trunk is intoxicatingly beautiful. As it became essential oil that scent wove its way like a song into the fabric of our being. We were mesmerised. It was such a gift to witness helping the New Zealand earth, to creating what we know and love - Douglas fir essential oil!! We have all formed a deeper relationship with this wonderful gift of the earth. dōTERRA kindly gifted us all one bottle each whilst on this incentive trip and all of us have been wearing it with newfound delight and pleasure.

This company is more than essential oils. Co-impact sourcing is a marvel. They care so much about the community and the earth. I am brought to tears of joy as I hear the stories

of gratitude for dōTERRA helping the NZ land in this way. It literally is a tsunami of trees ... The locals are also looking at other uses for it - including an utterly delicious syrup!!

Bit by bit we can help not only the earth to recover but every single person who uses this marvel of an essential oil. If you haven't used it yet - please do. You will be astounded at its true healing.

Cacao Elixir



Makes 2 litres

Ingredients

This is a nourishing and nurturing elixir, perfect before meditation and sleep. It opens the heart centre and expands the mind for creative flow. Enjoy.

- 1 litre coconut milk
- 1 litre coconut water
- 1 – 2 tbsp cacao powder
- Cayenne – pinch
- 2 cinnamon quills
- 1 tsp ground cinnamon
- 6 cardamom pods
- 2 star anise
- 4 medjool dates or 2 dried figs

Essential oils you could infuse*: Cinnamon Bark, Cassia, Protective Blend, Black Pepper, Wild Orange, Cardamom, Tangerine, and Spearmint.

Optional sweeteners: raw honey, coconut syrup or coconut sugar (add these after heating). I don't add sweetener as I find the dates and coconut milk and water are sweet enough.

Method

Let this stand for 2 - 4 hours then gently heat.

Take out the quills, pods and star anise then gently blend in a food processor so the dates are combined.

Note: I love to grind the cardamom seeds in a mortar and pestle and include in the Elixir.

Upcoming Events

February

I'm off to the Gold Coast for the dōTERRA Alive Australian Convention this month. Not only will I be presenting, I'll once again get to meet the incredible [Dr Hill](#), one of the Founding Executives of dōTERRA and Chief Medical Officer. I can't wait to soak up his knowledge, wisdom and humility. This man is truly an inspiration.



Look out for my separate newsletter of my upcoming events.

Essential Oils for Grounding

I have invited Tracy Stoves to write the piece here on essential oils for grounding. To read the full article, expanding on many other oils for grounding, please click [here](#).

Grounding refers to a state of being in our world on multiple levels:

- **Physically grounded** – our **connection to Earth**
- **Emotionally grounded** – where our **thoughts and emotions move freely and without restriction**
- **Spiritually grounded** – where **our connection to our “spirit” or “source” is open and abundant**

All oils have an emotional component, so, essentially any oil could be used to help with emotional grounding.

Let's highlight a couple of great oils and blends for grounding and balance.

Focus Blend

This is a blend of Amyris (West Indian Sandalwood), Patchouli, Frankincense, Lime, Ylang Ylang and Sandalwood.

The beauty of this blend lies in its ability to ground us mentally, calming the mind and bringing us back to the present moment – the “now”. Consider this blend if you find you are daydreaming, easily distracted and scattered or lack physical presence or awareness.

Grounding Blend

This blend containing Spruce, Rosewood, Blue Tansy, and Frankincense.

Consider if you feel, disconnected, scattered, ungrounded, unstable or unwilling to take responsibility for self or life. It may help with calming hyperactive people, grounding and teaching perseverance by staying present with a specific plan until completed.

Sandalwood

When we feel disconnected from our spiritual self and become over materialistic, Sandalwood can invite us to regain our connection with spirit. A very good oil to consider if we feel spiritually ungrounded. It helps to integrate the spirit with the senses. It is also good to consider for emotional grounding as it helps to cool hot and agitated emotional states (that can lead to head tension, sleeping difficulties and nervous exhaustion). And a bonus - Sandalwood is 10% off in February.

For information on dilution and safety, please click [here](#).





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.

Returning Home to Heart



Happy Heart!

Orange and Goji Berry Raw Chocolates

Cacao is such a beautiful way to bring you home to heart. I've given you a recipe for a delicious Cacao Elixir. Now here is another cacao delight to soothe your soul - Orange and Goji Berry Raw Chocolates. These are such a simple and delicious treat - for both children and adults alike.

Ingredients

Basic raw chocolate ingredients

1/2 cup raw cacao powder

1/2 cup coconut oil

1/2 cup raw organic honey

4 - 5 drops Wild Orange essential oil*

1 packet goji berries

1 tsp ground cinnamon

Method

Combine raw chocolate ingredients and blend, then add the Wild Orange essential oil, goji berries and cinnamon and stir to combine so it keeps the goji berries whole. I've included cashew nuts into the image above, you can add nuts of your choice, chia seeds, and other

seeds as you desire. This is a very versatile recipe!

Pour into moulds and set in the fridge.

Back to School

The kids are back at school and homework has started! Here are some diffusing ideas for before school, after school and evening times.

Energize your Mornings!

- Grapefruit
- Invigorating Blend
- Lemon
- Lime
- Peppermint
- Protective Blend
- Wild Orange





Clear Thinking and Energizing

- Focus Blend
- Frankincense
- Lemon
- Peppermint
- Rosemary
- Uplifting Blend
- Wild Orange





Creativity

- Inspiring Blend
- Invigorating Blend
- Tangerine

Motivation

- Black Pepper
- Encouraging Blend
- Frankincense
- Lemongrass
- Wild Orange

Improving Behaviour

- Grapefruit
- Grounding Blend
- Joyful Blend
- Lime
- Wild Orange
- Ylang Ylang

Calming, End of the Day

- Grounding Blend
- Lavender
- Reassuring Blend
- Roman Chamomile
- Wild Orange

Night Time Sleeping

- Calming Blend
- Lavender
- Vetiver

I also have lots of great sleep blends on my website – for children and adults!

<http://www.foodalchemy.com.au/aromatic-blends.html>

For those children who suffer anxious thoughts and stress during these transition times, consider:

Separation Anxiety and Transitions

- Bergamot
- Cypress
- Detoxification Blend
- Lavender



Recipes

Apricot and Coconut Bliss Balls

Ingredients

180g dried apricots
1 cup desiccated or shredded coconut
1/2 tbsp coconut oil, softened
4 drops Lime pure essential oil* (or to taste)
Extra desiccated coconut for rolling

Method

Blitz together all ingredients, except extra desiccated coconut.

Roll in extra desiccated coconut and refrigerate.

Peppermint Bliss Balls – Nut Free

Ingredients

1/2 cup pepitas
1/2 cup sunflower seeds
1 cup sultanas (or 1 cup medjool dates)
1 tbsp coconut oil, softened
1/4 cup raw cacao powder
6 drops Peppermint essential oil*

Method

Blitz to desired consistency and roll into balls then refrigerate.

Savoury Ideas

For savoury ideas, consider dips and crackers with raw vegetables. I have a few dip recipes on my website for you to try.

The Cumin Lentils with Pasta is a lovely after school meal. Often children have been too busy playing at school and come home with a lunch box that has been picked at and are ravenous!

Cumin Lentils with Pasta

Ingredients

2 red onions
1 Tbs extra virgin olive oil
425g tin organic lentils or 1 cup cooked brown lentils
3 tomatoes, diced
Salt to taste (Celtic or Himalayan)
¼ cup coconut cream
1 drop **Cumin** essential oil* in 1 Tbs extra virgin olive oil



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

Method

Caramelize the red onion in 1 Tbsp olive oil.
Add tomatoes and lentils once onions are browned.
Add salt to taste and coconut cream.
Add extra virgin olive oil in cumin oil at the last minute, just before serving.
Serve with pasta.

www.foodalchemy.com.au



These delicious pancakes can be eaten as a nutrient dense breakfast, or great for an afternoon snack.



Buckwheat Pancakes

INGREDIENTS

1 cup buckwheat flour
1 banana, mashed
2 eggs, beaten
1/2 tsp vanilla paste
1/2 tsp vanilla extract
1/2 tsp ground cinnamon
2 drops Cinnamon Bark essential oil*
1 cup frozen blueberries/berries of your choice
Milk of your choice to create desired texture - coconut milk is our choice.

METHOD

Combine ingredients and allow to sit for a moment.
Heat coconut oil or olive oil in a shallow pan.
Pour mixture and cook.
Serve with fresh berries, ground cinnamon and maple syrup.

**I only use pure therapeutic grade essential oils*

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](http://www.foodalchemy.com.au).

doTERRA Specials of the Month
10% off is Sandalwood (Local)



SAVE 10% IN FEBRUARY - LOCAL

Sandalwood

essential oil 5 mL



DETAILS HERE

Product of the Month - AromaTouch

PRODUCT OF THE month



AromaTouch®

essential oil 5 mL

WHEN COMBINED WITH A CARRIER OIL, THIS SPA BLEND CAN BE APPLIED TOPICALLY FOR USE IN AROMATHERAPY TECHNIQUES. RUB INTO NECK AND SHOULDERS FOR A RELAXING MASSAGE EXPERIENCE.

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

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!

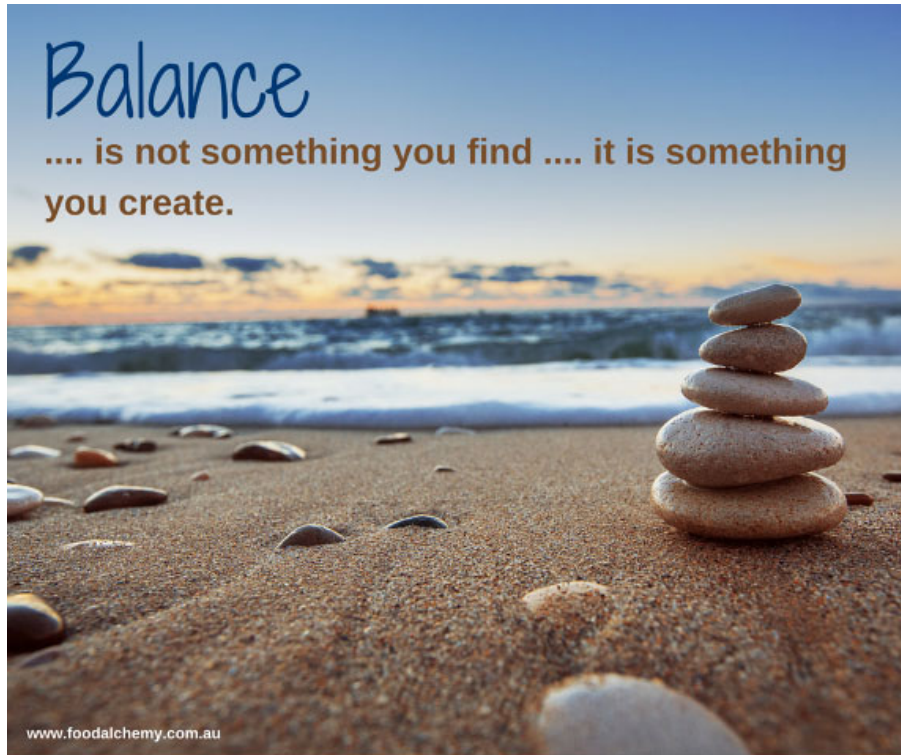
Recipes demonstrated:

- 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 own joy for life, Vanessa Jean inspires people with her recipes, healthy lifestyle, joy and purpose.

[Food](#)
[Oils](#)
[Training](#)
[Retreats](#)

Connect