

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

Our family loves Easter!

Glorious food, time with family and fun Easter projects!

Our beautiful children enjoyed their formative years of schooling at our stunning Perth Waldorf Steiner school.

It shaped much of who we are today and the rituals it has brought to our home and hearts.

Easter is one such ritual and time that tickles us pink. A time that sees us wet felting beautiful "Easter egg" creations like the ones you will see below.

Felting creates a sacred space of bonding with our children - takes us into a space of deep peace, and leaves us joyous at the colourful creations our hands and hearts have formed. Felting outdoors is beautiful and serene, or you can do it indoors.

We create an "Easter tree". Children and adults delight in creating them.

I don't have an image of our own Easter tree as I am travelling at the moment, but I have found some lovely ideas on Pinterest to give you some suggestions.



Painted Rocks

Another Easter project is to write inspiring words like joy, hope, love, celebrate, and peace onto rocks.

Scatter the rocks around your Easter tree, or place them in the garden to enjoy all year round.



Dying Easter Eggs

The Easter egg symbolises new life and new beginnings and the yoke within can also be seen as the golden sun carrying its light to us, and within us over the coming colder, darker months and seasons.

You don't need to use synthetic nasty dyes when nature has it all worked out. See this article for some great natural ways to dye your eggs:

<http://vitalfarms.com/all-natural-easter-egg-dyes/>

Vital Farms How To: *All -Natural Easter Egg Dyes*



blue



yellow-
orange



orange



olive green
and pink



magenta



fuchsia



blue -grey



gold



Turn to nature too for your egg patterns. The link below shows you how to use leaves to create patterns on your eggs.

<http://www.lotsofdiy.com/so-cute-egg-craft/>

Easter Craft Ideas

My daughter, Arielle, and I love making Easter crafts for our Easter tree. Here are some of the Easter crafts we do.

Fleece Knot Hares



<http://sunspiritssteiner.blogspot.com.au/2011/04/easter-celebrations.html>

"The hare was portrayed as the bringer of Easter eggs. The hare's ears are much longer than the rabbits, and with these it listens, is perceptive and wakeful. The hare will also sacrifice its life for that of another hare, and is seen as steadfast in its intentions."

Wool Fleece Bunny Rabbit



<http://www.parentingfuneveryday.com/make/wool/make-a-wool-fleece-bunny-rabbit-for-easter-or-spring-a-how-to-tutorial/>

Felted Easter Eggs



<http://www.waldorfmoms.com/2013/02/felted-easter-egg-tutorial.html>

This site has lots of other beautiful craft ideas.

Nature Play

While Easter doesn't fall in the school holidays, it is still a lovely break to spend time doing art and craft projects with your children.

Here is a lovely play dough recipe. Playing with play dough outside is so much fun. Now that the weather is getting cooler here in Perth (or at least it should be!), take your play outside, use what you find in nature and create together.

PLAY DOUGH

School
holiday
fun!





RECIPE

2 cups flour
1 cup Celtic or Himalayan salt
1 cup spring or filtered water

Add 3 - 6 drops pure essential oil*
(smell as you go, Peppermint is very strong so 2 - 3 drops is ample).

Knead with your hands and love
(and often lots of giggles) until combined.

*I only use organic ingredients, non toxic food colours, or make my own using vegetables and berries, and I only use Certified Pure Therapeutic Grade pure essential oils (see my website for what I use and recommend). They are safe to ingest and safe for children and adults.

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• Restoring • Calming • Regenerative

This is fabulous for play time in the shade, on a rug outside or quiet, reflective inside time, and for rainy wet days or times when you would like to help bring your children back to their centre and regenerate after much busyness.

Making play dough together with children is fun or you can surprise them by bringing only one or two colours out at a time. I recommend using only natural or plant colourings; this makes it toxic free and safe if wee little ones pop it into their mouths.

We love matching colours with essential oils and blends to support us:

Orange - Wild Orange or Joyful Blend (Citrus Bliss) or combine either with Frankincense (joyful, uplifting and peaceful)
Yellow - Lemon or Grapefruit (focus, clarity)
Green - Lime or Frankincense or combine both (creativity, soothing)
Purple - Lavender or Calming Blend (Lavender Peace) (peaceful, restorative)
Blue - Peppermint (awakening, clearing)

Essential oils can help to calm the energy, encourage some focus time and help to release any pent up emotions. You don't need any fancy tools ... their hands and treasures from the garden are enough. They can use sticks to cut and shape; shells, pebbles, leaves and flowers etc to decorate ... it is so much fun! Playing with play dough is also a gift in enjoying being in one's own company. It allows for introspection and can become meditation like - a beautiful tool for children to come back to in childhood and into adulthood - taking a moment to return to joy and the breath. Creating something with our hands inspires much.

The essential oils weave their way into the home and those using it.

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Recipes



Puttanesca Salad

This is a delicious recipe and you'll be amazed how much the texture of the zucchini pasta resembles real pasta! This is easy to digest and a delight to behold and to eat.

THE PASTA

2-3 zucchinis
2 tbsp of olive oil
2 tbsp freshly squeezed lemon juice
Simply cut ends off each zucchini, rinse well, then spiralise.

Massage with the lemon juice and olive oil.

** Just add pure essential oils for the olive oil sauce dressing: Black Pepper, Bergamot, Lemon, Lime, Basil. A drop of any of these or a combination.*



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THE SAUCE

2 cloves of garlic, finely chopped
1 tbsp red onion, finely chopped
1/2 cup fresh basil, finely chopped
1 cup pitted kalamatta olives
2 tbsp olive oil
*Essential oil(s) of your choice
1/2 tbsp dried Italian seasoning and as much as you like of fresh oregano, basil and or parsley (maybe straight from your garden) – plus extra for serving
4 - 6 tomatoes, diced
1/2 tsp fresh sea salt (or to taste)
Dice the tomatoes and finely chop all other ingredients. Place them in a large mixing bowl, and add the rest of the ingredients.
Massage thoroughly over the 'pasta' and let the juices marinate with the pasta for at least 30 minutes.

Sprinkle with a combination of nuts, seeds, fresh leaves of herbs and raw olives if you like. Or you can use a sprinkling of hemp seeds; this replaces parmesan cheese and they are delicious and nutritious! Raw Pesto over this is also quick, easy and sumptuous!



Heirloom Carrots

with Lemongrass and Juniper Berry

Cut purple heirloom carrots lengthwise into quarters.

Massage carrot quarts with a dressing made of extra virgin olive oil with 2 drops Lemongrass essential oil* and 3 drops Juniper Berry essential oil*.

Place onto a baking tray and bake in a 200°C oven until cooked and crisp.

*I only use pure essential oils

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Easter Treats

Wild Orange & Peppermint Delights

1 cup coconut oil, liquefied
 1 cup maple syrup
 1/2 cup raw cacao powder
 Pinch Celtic or Himalayan sea salt
 10 drops Wild Orange essential oil*
 5 drops Peppermint essential oil*

Blend or stir gently and pour into moulds.
 Set in fridge or freezer.

Jaffa Bliss Balls

1 cup of goji berries
 8 pitted dates
 1/2 cup walnuts
 1/2 cup raw cacao powder
 3/4 cup macadamia nuts
 2 Tbsp coconut oil
 7 drops Wild Orange essential oil*
 Blitz goji berries - then set some aside
 for rolling if you want red dust!
 Add dates, walnuts, cacao then blitz
 for 10 seconds.

RAW CHOCOLATE LOGS/BALLS

2 cups macadamia nuts
 1 1/4 cups activated buckwheat or plain buckinis
 2 cups pitted medjool dates
 1/2 tsp Celtic or Himalayan sea salt
 2 tsp ground vanilla beans
 1/2 Tbsp coconut oil, softened
 2 drops Cassia essential oil*
 4 drops Lime essential oil*

Blitz nuts and activated buckwheat until roughly chopped, then add all remaining base ingredients to a food processor and pulse until well combined and will stick together if pressed with your fingers. Then roll into logs or balls.

Optional: Dip in raw chocolate topping ingredients

1/2 cup raw cacao powder
 1/2 cup coconut oil, liquefied
 1/2 cup maple syrup
 Gently blend together or stir and dip in your logs/balls.
 Set in freezer.

**I only use pure therapeutic grade essential oils*

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Cinnamon Bark Raw Salted Fudge

1 cup almonds, soaked
minimum overnight, preferably 24
hours, replacing soaking water
regularly
1/2 cup goji berries
2 pinches Himalayan salt
1/2 cup maple syrup
1 drop Cinnamon Bark pure
essential oil
1 cup raw cacao powder
1 cup coconut oil, liquefied



Place all ingredients into a food processor, combine until chunky consistency achieved. Line a large loaf/slice pan with parchment/baking paper and then pour mixture into the tray (spread about 1/2 inch thick). Alternatively, pour into chocolate moulds of your choice. Cover the top with another sheet of parchment/baking paper and refrigerate until set. Cut into small squares and store in airtight container in fridge.

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*** 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](#).

Digestive Blend

This must have blend is invaluable when overindulgence can happen.

It aides in digestion, eases occasional stomach discomfort and supports a healthy gastrointestinal tract.

Place 1 drop in a glass of water and drink as needed. Or add a drop to fractionated coconut oil and rub clockwise on the belly. By rubbing clockwise, you are going in the direction of the intestines.

Calm the Children!

For some children, the hype of Easter is as much as it is for Christmas. Turn to your oils and create calming blends for your children to ground and centre them.

Here are a couple of blend ideas for you. Don't forget to visit my website for lots more ideas, including grounding blends.

Remember the Emotional Aromatherapy kit - Peace and Console are beautiful and Cheer in the diffuser to keep inspiration and creativity flowing and joy bubbles floating everywhere!

Add a drop of Frankincense to keep everything calm and balanced and to any of these blends.



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

Emotional Aromatherapy and Business

Training Workshop



Hold this date!

Saturday 7th May 2016
10am - 4.30pm

*Emotional Aromatherapy
and
Business Training Workshop*
with Cherie Burton, Vanessa Jean and Paul Ovens

MORE DETAILS TO COME

Save this date! Cherie Burton, American Blue Diamond, is flying in to conduct this powerful, duplicable, workshop on Emotional Aromatherapy with both Vanessa Jean and Paul Ovens, Presidential Diamond.

This workshop is open to existing Wellness Advocates as well as people not yet enrolled in doTERRA, to teach you about emotions and aromatherapy.

More details to come.

Facebook event: <https://www.facebook.com/events/972163722890563/>

Build to Diamond and Beyond Business Training

Are you tired of the status quo?
Are you searching for a vocation with more social impact and greater joy?



Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamond, on this **revised** intensive business training, designed by people getting results to help you do the same.

<p>When Saturday 21st May 2016 (9.30am – 6.00pm) Sunday 22nd May 2016 (9.30am – 6.00pm)</p> <p>Where Maylands Peninsula Golf Course Swan Bank Road, Maylands</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Your Why – a deeper purpose • Unlocking the Why for you and your team • Critical success factors – The secret 7 in depth • Removing blocks on limiting beliefs • “Connection Marketing” – a new paradigm in network marketing • How to broaden your reach <ul style="list-style-type: none"> * More classes * More contacts * More yes's • Inspirational classes • A sure path to LRP • Courage and confidence in leadership • Delight, Inspire, Educate – a successful business with heart 	<p>Investment is \$200 Repeat \$150 Book in quickly to secure your place.</p> <p><small>Includes extensive handouts</small></p>
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For queries, please contact Tracy at foodalchemy.tracy@outlook.com
Book through Eventbrite
<https://www.eventbrite.com.au/e/perth-doterra-intensive-business-training-may-2016-full-launch-tickets-21744841406>

Bookings through **Eventbrite** are essential to secure your place. Please go to:
<https://www.eventbrite.com.au/e/perth-doterra-intensive-business-training-may-2016-full-launch-tickets-21744841406>

If you require a payment plan, please contact Tracy on
foodalchemy.tracy@outlook.com

Facebook event: <https://www.facebook.com/events/445248189001508/>

A **FREE BONUS** day has been added on Sunday 5th June, 10am - 4pm at Maylands Peninsula Golf Course, and is available to all those who attend our business training in May 2016.



Why? What? How? 1-Day Workshop

FREE

Available to all who complete our 2-day Business Training on 21st and 22nd May 2016

<https://www.eventbrite.com.au/e/perth-doterra-intensive-business-training-may-2016-full-launch-tickets-21744841406>

**Sunday 5th June 2016 - Maylands Peninsular Golf Club,
Swan Bank Road, Maylands. 10am - 4pm**

This hands-on workshop is designed to help you INTEGRATE the knowledge we have taught you in the business training so you will have detailed and practical applications of the material we teach through practice and group work in a fun-filled day of laughter and learning.

TOPICS

- Compensation plan
- Inviting methods
- How to teach classes
- How to get people on LRP
 - Goal setting
- Uncovering the WHY in your team
 - Text blitzing exercise
- Mastering the potential of your warm market list

▪ Breakout sessions and masterminding with Platinum, Diamond, Blue Diamond and Presidential Diamonds

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Love Yourself, Love your Business

Early Bird
\$39
investment

Early Bird rate \$39
until 30 April 16,
\$49 thereafter.

BOOK NOW!

Thursday 23rd June 2016
1-5 pm
Surfers Paradise Marriott Resort & Spa
Surfers Paradise

**Love Yourself,
Love your Business**
with Vanessa Jean & Dr Martha

An empowering 3 hours with 2 dōTERRA Earth Goddesses.
PLUS bonus hour: mastermind hot-seat with Vanessa Jean and Dr Martha and their men.

They are bringing their men so bring yours along too!

IGNITE the Love!
TIME TO LIVE YOUR DREAMS!
LET'S STEP UP!

Book through Eventbrite at:
<https://www.eventbrite.com.au/e/love-yourself-love-your-business-tickets-23527441210>

www.foodalchemy.com.au
www.drmarthanessler.com

LAUGH

Love

Learn

Bookings are through Eventbrite at: <https://www.eventbrite.com.au/e/love-yourself-love-your-business-tickets-23527441210>

Facebook event: <https://www.facebook.com/events/595432663955239/>

doTERRA Specials of the Month

March - 200PV Promotion



Take Two With
ICE BLUE®

RECEIVE A FREE ICE BLUE RUB AND 5mL ICE BLUE ESSENTIAL OIL BY PLACING ANY 200PV ORDER IN THE MONTH OF MARCH!

These amazing doTERRA products have a combined retail value of AUD \$105.34 and you'll receive them for FREE from March 1 through to March 31st with an 200 PV order.



Vanessa Jean's
Athletic Blend
Soothing Blend
Frankincense

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10% off is On Guard Concentrate (Local)

SAVE 10% IN MARCH - LOCAL

On Guard Cleaner

Cleaner Concentrate

A COMBINATION OF WILD ORANGE, CLOVE, CINNAMON, EUCALYPTUS AND ROSEMARY ESSENTIAL OILS, ON GUARD CLEANER CONCENTRATE IS A NATURAL HOUSEHOLD CLEANER, WHICH IS SAFE FOR YOU, YOUR FAMILY AND THE ENVIRONMENT! WITH NO ADDED PRESERVATIVES, YOU CAN KEEP YOUR HOME CLEAN AND SAFE!

USES

1. Apply concentrate directly on designated area and let soak.
2. Avoid direct use on hardwood floors and natural stone.
3. Use product only as directed as a household cleaner.

38140004 AUD \$18.00 WHOLESALE \$24.00 RETAIL VALUE 10PV



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