

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)**Hello <<First Name>>**

Life is blissfully sweet and I am feeling so grateful for this East Coast tour and the wonderful people we are connecting with.

Presenting at various events with my husband Paul at a fabulous day on the Gold Coast with top leaders in network marketing and doTERRA was so much fun! What really made my heart sing was presenting at our Alive Convention with doTERRA ! My topic, Empowering with Essential Oils and Leading with Heart, is something I am deeply passionate about. Helping people to be the best version of themselves, to return home to their hearts and live their dreams is truly a dream come true. Over 1000 beautiful souls journeyed with me, meandering along the pathways of the emotions, as we dared to dream of a life



where we walked the path of our hearts, always.

The whole presentation has been filmed so stay tuned for this.

Highlights of our Australian Convention were hearing Dr Hill (doTERRA's Chief Medical Officer) share his wealth and depth of knowledge and wisdom and sharing the stage with our amazing daughter as we stepped up as Australia's first Presidential Diamonds. For us it further solidified why we do what we do - to delight, inspire and educate. To co-create with as many people as we can to help them love their dreams and walk the path of their heart. doTERRA is one tree ... and together we make a difference in this beautiful world - one smile, one share, one drop at a time.



My daughter, Arielle, with myself and Dr Hill.



Paul speaking as we take the stage as Australia's first doTERRA Presidential Diamonds.

The theme for this letter is **Resistance to Change**. The idea for this theme came from a Personal Development and Business Training I did recently with my husband Paul. We worked with participants on "Afraid to Shine" which was powerful and transformative. Resistance to Change can undermine any personal work we do.

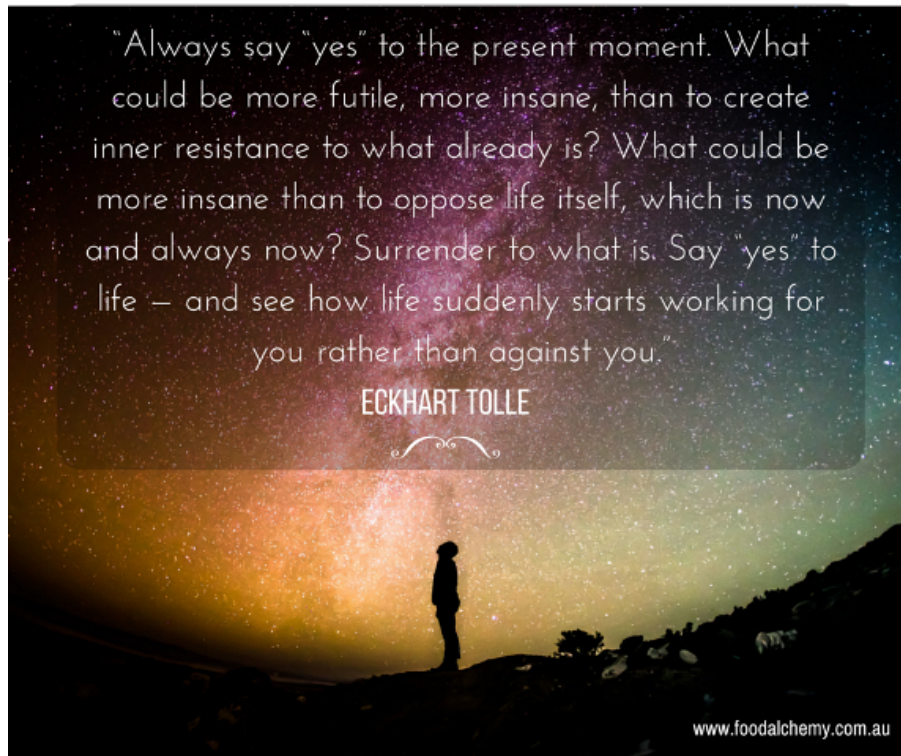
The simple definition of resistance is **a refusal to accept something new or different**.

Yet change is the only constant in life! We are not capable of staying as we are

on any level - even the physical body is totally renewed every 7 years.

***"Whatever you fight, you strengthen, and what you resist,
persists."***

Eckhart Tolle



Wild Orange

Wild orange is pure joy bubbles in a bottle! It is the oil that connects us with child like wonder and joy for life and living. It is an oil that can assist us with calling in abundance in its many forms - health, peace, vitality, clarity and financial. Wild Orange can be used in water, food, diffuser and aromatic dressings ... Or add it to your purefume. Really, this oil is SO versatile! And it is the free Product of the Month if you get your 125PV+ Loyalty Rewards order in by the 15th March. You can never have too much Wild Orange in your life!

Wild Orange

essential oil



The Oil of Joy!

This oil will uplift the spirit and bring peace to the mind. Pure joy bubbles in a bottle, this pure essential oil delights adults and children alike.

Combine with Frankincense and Lavender in the diffuser for blissful sleep or peaceful meditation.

Suggested Uses

Use in an all-purpose spray to **cleanse and purify surfaces**.

Add a drop to your water every day for a burst of **flavour** and to promote overall health.

Diffuse to **uplift mood and energy levels and to freshen the air**.

Energize the mind and body. Dispense one to two drops in the palm of your hand along with equal parts Peppermint and Frankincense. Rub palms together and inhale deeply from palms, then rub on the back of neck.

Use in **baking***. *I only use pure therapeutic grade essential oils.

Raw Fudge

Ingredients

- 2 cups raw/activated almonds or one scoop chia seeds for nut free
- 1 cup coconut oil, liquified
- 1/2 - 1 cup raw honey (depending on sweetness of honey)
- 1 cup raw cacao powder
- 1 tsp pure vanilla or organic vanilla extract
- 1/2 tsp high quality sea salt
- 4 drops Wild Orange essential oil*

Method

Place coconut oil and honey in food processor, gently blend to combine.
Add cacao powder, vanilla and essential oil.
Mix together all dry ingredients.
Add liquid to dry ingredients and mix. Place in pan or moulds of choice and freeze.
Must be kept cold or you will have a sauce!

Wild Orange Bliss Balls

- 8 – 10 dates
- 1 Tbsp coconut oil (or a little less)
- 4 - 6 drops Wild Orange essential oil*
- 1/2 cup shredded coconut
- 1 cup cashew nuts (or any nuts or seeds)

Optional: 1/4 cup raw cacao powder



Wild Orange Crispy Balls

- 1 cup cashews
- Pinch of Celtic or Himalayan Salt
- 1/4 cup activated buckwheat or bukinis
- 1 Tbsp chia seeds
- 13 medjool dates
- 3 dried figs
- 1 Tbsp coconut oil
- 1 tsp ground Dutch cinnamon
- 1/4 cup raw cacao powder
- 10 drops Wild Orange pure essential oil*

Blitz in the food processor. Roll into balls and set in the fridge.

Optional - roll into cacao, ground cinnamon or activated buckwheat.

*I only use pure therapeutic grade essential oils



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Arborvitae

All the big trees invite us to breathe, to centre, to ground, and to relax.

Arborvitae not only passes these gifts to us as we use him in our blends or as a stand-alone oil, he encourages flexibility and expansion. When we buy into the illusion of “control”, and the insurmountable stress this brings, Arborvitae reminds us that there is in fact nothing we can control. He reminds us to surrender, reminds us that as long as we live in the present moment, we open our self to the many gifts it brings.

Bergamot

Helps to alleviate our response to stressors, to reduce anxious states and help us dissolve our fears both known and unknown. This beautiful, subtle citrus note blends well with most essential oils, enhancing a peaceful and uplifted emotional state.

Bergamot helps us to be gentle with ourselves, rather than beating up oneself and judging oneself harshly (which results in lowered self-esteem. Bergamot helps us to cleanse our self-defeating self talk and negative believe systems and doubt.

As an uplifting oil, it blends beautifully with Hawaiian Sandalwood and Lavender to uplift the spirit and calm the body and mind.

Black Pepper

One of my favourite food oils for both sweet and savoury delights, this oil is known as the oil of “unmasking”. It works to enhance flavours in food and to bring out the best in us - taking us out of a repressed and contracted state into expansion and genuine emotional expression. Consider blending with Lime and Ginger for culinary delights to open the heart and crack through emotional barriers and resistance to change. Diffuse or create a pure fume of Black Pepper, Wild Orange, Bergamot and Sandalwood and affirm “Change brings me peace and expansion”, “I express my truth and am received with love by the world”, “I honour myself as I embrace change”.

Ylang Ylang

The oil of unconditional love, playfulness and joy, this oil helps to release the inner child and old hurts, assisting us further in embracing the moment and the changes the moment brings. Beautiful as a scent and its gift of reminding us to be open to love and being loved. Combine with Wild Orange and Hawaiian Sandalwood to enhance loving connections and relationships/interactions grounded in love.



Powerful Affirmations

"I move and flow with ease and grace"

"I am open to new ideas and opportunities"

*"I embrace what life has to offer and move forward
 with gratitude"*





Acceptance & Forgiveness

Geranium
 Black Pepper
 Lime
 Wild Orange
 Sandalwood

Flow

Cypress
 Lime
 Lemon
 Ylang Ylang
 Arborvitae
 Wild Orange

Self Acceptance

Ylang Ylang
 Geranium
 Lavender
 Bergamot
 Grapefruit
 Sandalwood

Forgive, Release, Live

Helichrysum
 Bergamot
 Sandalwood
 Rose

Forgive, Release, Live

Helichrysum

Bergamot

Sandalwood

Rose

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.

Eckhart Tolle Videos

Acceptance and Surrender



The Wisdom of Surrender



Upcoming Events

The
**Design, Tips
& Tricks**
Workshop

✓ Want to design eye-catching flyers and Facebook posts that pack a punch?

✓ Looking for tips and tricks to make your business run more smoothly?

✓ Need a way to capture and store those fabulous Google searches for instant recall?

Join Tracy Stoves, on behalf of Food Alchemy, in this hands on workshop where you will get to:

- ➔ Design a promo flyer using Canva
- ➔ See how Evernote can be Google's best friend
- ➔ Learn useful add-on programs to make running your business more fun and efficient!

When and Where
Friday 18th March 2016 10am - 1pm
Tomas Room - Telethon Speech & Hearing
36 Dodd St, Wembly

Investment
\$30 and includes an extensive handout.
Places are limited to 30 people.
Book through Eventbrite.

<https://www.eventbrite.com.au/e/design-tips-and-tricks-workshop-tickets-22091075000>

This will be a hands on workshop. You will bring your laptop and design a flyer or Facebook post of your choice with Canva.

foodalchemy.tracy@outlook.com

www.foodalchemy.com.au

Limited to 30 places. Book through Eventbrite at <https://www.eventbrite.com.au/e/design-tips-and-tricks-workshop-tickets-22091075000>

Vanessa Jean at Vegfest

Sunday 1st May 2016

ECU Joondalup

10am - 5pm

Join me as I present 5 different talks at Vegfest.

Wild Fermentation

Learn how to make delicious water kefir, fermented vegetables and fermented nut cheeses and dips.

Winter Warming Meals

Delights your senses with wonderful winter warming meals that sustain and nourish your body over the winter months.

Powerful Healing Elixirs, Pure-fumes and Food as Medicine

Would you like to learn more about foods that can heal your body? Join me to explore the world of food as medicine in a new way. Explore foods that heal, regenerate and enliven us. I will look at pure essential oils and show you how to use them in food preparation as well powerful healing elixirs and pure-fumes.

Cacao Delights and Immune Boosters

Raw chocolate, fudges and truffles to fill you with goodness! Cacao is a wonder food that is filled with healing benefits - yes you can eat chocolate that is not only good for you but is totally and utterly delicious!

I will explore the super foods and herbs that compliment cacao and look at how to use them in everyday life in smoothies, raw chocolate and other sensational treats.

Winter Wellbeing with Aromatherapy

Learn how pure essential oils can support your health and wellbeing during the winter months.

Keep up to date with the Vegfest event by going to:

<http://www.vegfest.com.au/> or on Facebook

at <https://www.facebook.com/events/881474368640345/>



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.

When

Saturday 21st May 2016 (9.30am – 6.00pm)
Sunday 22nd May 2016 (9.30am – 6.00pm)

Where

Maylands Peninsula Golf Course
Swan Bank Road, Maylands

Topics include:

- 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
 - * 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**

Investment is
\$200

Repeat \$150

Book in quickly to
secure your place.

Includes extensive handouts

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>

Recipes



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Cake Batter

2 cups almonds
 1/2 cups pitted soft dates
 2 cups raisins
 4 cups blended carrot (skin on if organic)
 1 tbsp cinnamon
 1 tsp fresh ground nutmeg
 1 tsp cardamom
 1 lemon, zested
 1 orange, zested
 Pinch sea salt
 1 cup chopped walnuts
 1 scoop of chia seeds and 1 tbsp lecuma (optional)

Lemon Frosting

1 1/2 cups whole raw cashews, soaked at least 2 hours
 1 cup agave nectar
 1 tbsp maca
 1 cup dried coconut
 1 cup orange juice
 1 tbsp lemon juice
 1 tbsp lemon zest
 1 tbsp vanilla

Making the Carrot Cake

Soak the raisins and dates, in separate bowls, each in 1 1/2 cups of water for 5-10 minutes to soften.

Drain the soak water and set aside.

Using a juicer, juice about 20 carrots in order to acquire the 4 cups of carrot pulp needed and drink the carrot juice.

Grind the almonds into a fine mill. Add the dates and 1 cup of the raisins and grind until you have a smooth paste.

In a large bowl, mix with the carrot pulp, vanilla, cinnamon, nutmeg, cardamom, lemon zest, orange zest, sea salt and walnuts, and the remaining 1 cup of raisins.

Making the Frosting

Soak the cashews in 2 cups of fresh water for 30 minutes. Drain and rinse. In a food processor, grind the dried coconut into a powder and set aside. Blend the cashews, agave nectar and 1/2 cup of the date soak water, orange juice, lemon juice, lemon zest, and vanilla until smooth. Add a touch more of the date soak water if necessary to aid in blending. Add the powdered coconut and blend well. It may be necessary to help the blending along by scraping the sides of the blender with a rubber spatula and continue to blend.

Allow to stand in the refrigerator if necessary to thicken.

Fermented Nut Cheese



Ingredients

2 cups cashews, soaked for a minimum of 4 hours (macadamias are another option)
 2 cups water kefir
 1 tsp Celtic sea salt
 1 tsp lemon/orange/lime juice
 1 cup fresh, finely chopped wild fennel tufts and chives or parsley and chives
 (you can use any herbs you like of course)
 Sesame seeds to coat (optional)

Method

Place cashews and the water kefir into your food processor and process on high until it becomes smooth.

Transfer the mix into a nut milk bag/cheesecloth, fold over and place into a strainer sitting over a bowl.

Place a weight on top of the cheesecloth (such as a plate with a book on it). Cover everything to keep it protected from dust and any unwanted bacteria and place it in a warm area to culture (room temperature is good). Leave for a minimum of 24 hours – no more than 48. After this time you will notice that it has become slightly airy or fluffy; this indicates the culturing process is underway.

Now place into a bowl and add in the salt and lemon/orange/lime juice.

Add the chopped herbs then shape the cheese into a round or square shape or any shape you like.

Gently cover the cheese in sesame seeds (optional) and place into the fridge to firm up and let the flavours mellow together – you can put it in overnight.

If you want to you can place your cheese into a dehydrator instead of the fridge. Set at 40°C for 18-20 hours. A rind will develop and it looks lovely.

Please note that you can use whatever herbs you like for flavours. I am not into black pepper, but you could do a black pepper cheese and do the crust with pepper. You could add chilli, cayenne, Indian or Moroccan spices, or Greek flavourings...go nuts!

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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](#).

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 dōTERRA 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



Product of the Month - 15ml Wild Orange





Jaffa Bliss Balls

Blitz 1 cup of goji berries.
(Set some aside for rolling if you want red dust!)

Add 8 pitted dates
1/2 cup walnuts
1/2 cup cacao

Then blitz for 10 seconds.

Add 3/4 cup macadamia nuts
2 tbsp coconut oil
7 drops of Wild Orange essential oil*

Then blitz for 15 seconds.

Roll in your goji berry dust or desiccated coconut or leave plain.

Then refrigerate and enjoy!

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*I only use therapeutic grade essential oils



Vanessa Jean's
Inner Spark
White Fir
Wild Orange
Geranium
Ylang Ylang

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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 Advenues"](#) 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.

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