

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Hello <<First Name>>

Each of us make daily choices and these choices are based in love or fear. When we choose from a space of love, we feel expansion, we connect with God's grace and we open our hearts to receive God's bounty. This takes us into an open hearted space of Gratitude.



Our natural state is love, joy, flow, creativity, and expansion. This is our natural state of flowing in love. To love ourselves is to be an expression of love and our true purpose in life. Here we bless others with the gift of service. Here we alchemise fear-based actions into love-filled actions, thoughts and deeds.



A beautiful way to express love to ourselves is to radiate love out to those we encounter in day-to-day living with aromatic dressing.



Anointing oneself lovingly with pure essential oils with a carrier oil whilst affirming to oneself what we love about all the parts of our body is truly powerful and deeply empowering. This simple act alone can take us out of a state of self-loathing... to beginning to like ourselves... and to eventually love ourselves once more.

The ratio for aromatic dressing is:



You can create a fresh aromatic dressing blend daily in a bowl. I love **Wild Oils** hand crafted bowls and boxes for housing my precious essential oils.

https://www.facebook.com/Wildoils/info/?tab=page_info

Or you can pre-make different blends in bottles and use them as you like. In

addition to these, I highly recommend creating your own signature blend and placing in a roller bottle as your “pure-fume”. To purchase roller bottles, we recommend **The Aussie Essential Oil Business**

<https://www.facebook.com/groups/648035528664014/> .

Here is my signature blend that I have taught for over 20 years. It is full proof and divine and you can create a powerful aromatic anchor with it or many of the blends in this newsletter or our website.

Better still, use your own intuition and come up with your own.



Here are some magical blends with some very sacred oils.





This month, everyone has the option to be gifted a rose and/or jasmine when you introduce new people to dōTERRA. Here are the details:



IN BLOOM

HOW TO EARN

- If an individual enrolls 4 new Wellness Advocates, each with 100 PV enrolment order, between April 1 and April 30, 2016, they will receive a 5mL bottle of Jasmine (Retail Value USD \$187.50).
- If an individual enrolls 7 new Wellness Advocates, each with 100 PV enrolment order, between April 1 and April 30, 2016, they will receive a 5mL bottle of Rose (Retail Value USD \$375.00).
- If an individual enrolls 11 new Wellness Advocates, each with 100 PV enrolment order, between April 1 and April 30, 2016, they will receive a 5 mL bottle of Rose and a 5mL bottle of Jasmine (Retail Value USD \$562.50).

RULES & TERMS

- Preferred Member upgrades to a Wellness Advocate will qualify if a 100 PV enrolment order is placed and includes the upgrade fee. An enrolment order is the first order placed on a Wellness Advocate's account.
- Retail Customers and Preferred Members will not count as qualifying enrolments.
- Reactivations DO NOT count towards this promotion. No exceptions will be made in this regard.
- Enrolment Order – an enrolment order is the first order placed by a new Wellness Advocate that includes the introductory packet (AU \$35 enrolment fee).
- PV is NOT always equal to the cost of an order. Before completing the enrolment order, a Wellness Advocate must verify that the order is 100 PV or more.
- Enrolment orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Wellness Advocates must hold all qualifying enrolments through May 15, 2016 in order to qualify. Reporting is not run until the end of the promotion. The oils will be sent to those who qualify no later than June 2nd.
- Enrolments outside of the qualifying time period (April 1 - April 30, 2016) do not count towards qualifying enrolments. The last day for new Wellness Advocates to enrol is April 30, 2016 at 11:59 pm EST.
- A Wellness Advocate who qualifies with seven enrolments no longer qualifies for Jasmine until they reach 11 enrolments with qualifying orders. However, they may give up their Rose for Jasmine if they so choose. They will need to email australiamotions@dotterra.com if they would prefer to have Jasmine.
- This promotion applies to local and international enrolments and these can be combined to qualify. If you feel that you have qualified for the promotion and you have not received a confirmation email by May 15, 2016. You may reach out to the promotions team by emailing australiamotions@dotterra.com no later than May 31, 2016 to qualify. Exceptions for this promotion will not be considered after this date. For any questions regarding this promotion please email australiamotions@dotterra.com. We have a limited supply of these very rare oils, so please be aware we cannot guarantee an exception can be made. Please be sure to review all the rules above to make sure all guidelines are met.

Have fun with this! Remember, the oils have made a huge impact on your life – share them that they may bless others.





With Mother's Day fast approaching, you could make your mum a pure-fume of her own and/or bath salts.



Rosemary and Lavender is another lovely combo to relax the muscles. To open the heart and gift yourself bliss, consider **Ylang Ylang and Lavender**, **Ylang Ylang and Sandalwood**, or **Ylang Ylang and Frankincense**.

A stunning blend to strengthen the **Mother-Daughter bond** is:

**Myrrh, Rose, and Lime, or
Myrrh, Geranium, Wild Orange and White Fir**

For the **Mother-Son** connection:

**Arborvitae, Myrrh, Hawaiian Sandalwood, Bergamot and Lime, or
Myrrh, White Fir, Frankincense and Lemon**

I love to cook for my mum and shower those I love in food. I hope you enjoy these autumn recipes. My mum loves soup, this is a beautiful nourishing soup:



Organic Lentil Soup

INGREDIENTS

- 1 zucchini
- 2 carrots
- 1 sweet potato
- 1 red onion
- 1 brown onion
- 100g green beans
- 2 cloves garlic
- 250g cooked brown lentils (To be sure they are fully cooked, take one between your index finger and thumb and squash. If still hard, continue to cook. It should give completely when cooked).

Alternatively, you could use organic tin lentils

- 1 tin tomatoes
- 1 tbsp tomato paste
- 1-2 cups spring water or vegetable stock (homemade)
- Salt to taste
- 1 drop Basil essential oil*
- 1 drop Oregano essential oil*
- Extra virgin olive oil

METHOD

Dice all vegetables.

Sauté onions and add garlic once they are beginning to cook.

Add all vegetables once onions are caramelised. Allow to simmer for 10 minutes adding another tbsp of extra virgin olive oil.

Add tin tomatoes and tomato paste. Stir well.

Place lid and allow to simmer for 20 minutes then add the cooked lentils. Allow to cook for another 1 hour.

Add essential oils at the end like a fresh herb and salt to taste.

Feel free to add pepper or chilli or cayenne to your taste.

*I only use pure essential oils

www.foodalchemy.com.au

Cacao & Spice Bliss 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
1/2 Tbsp cacao nibs
10 drops Wild Orange pure essential oil*
2 drops Cassia pure essential oil*



Blitz in the food processor.

Roll balls into cacao nibs, ground cinnamon or activated buckwheat and set in the fridge.

**I only use pure therapeutic grade essential oils*

www.foodalchemy.com.au

Rose and Black Pepper Raw Chocolates

Basic Chocolate Ingredients

1/2 cup raw cacao powder
 1/2 cup coconut oil
 1/2 cup raw organic honey
 Pinch of salt

Essential Oil additions:

1 drop Rose pure essential oil or to taste
 1 drop Black Pepper pure essential oil or to taste

Method

This is your base, and from here you get creative adding, for example, chia seeds, nuts, etc. Mix together. You should have a nice runny mixture. You can also add to moulds or cups.

It is as simple as pouring this mixture onto a baking tray lined with parchment paper. Add another layer of parchment paper on top and set in the fridge. 1-2 hours later and you have a gorgeous, delicious, chocolate slab.

Fig and Cacao Custard

This is dedicated to Mother Earth! For the love I have of cacao and figs and these two precious gifts She has given us...oh me oh my! Paradise is here, not to mention this is loaded with nutrients and nourishment, it offers the perfect combination of minerals (particularly high in magnesium), great fats and omegas. This does not need much sweetener as the figs give this a great balance.

Ingredients

2 cups walnuts, soaked overnight
 3 soaked figs, set aside soaking water
 1 cup fig soaking water
 1 tsp ground cinnamon
 1/4 cup maple syrup
 1 tbsp soft coconut oil

Essential oils that will complement this are (any of these or any combination of them according to taste):

On Guard
 Wild Orange
 Cardamom
 Cinnamon Bark
 Cassia
 Tangerine
 Lime

Method

Strain and rinse the walnuts, add them and all ingredients to food processor and blend until smooth and fluffy.

Buckwheat Pancakes with Caramelised Banana and Pecans

What about serving this for breakfast in bed?



Buckwheat Pancakes

<p>INGREDIENTS</p> <p>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.</p>	<p>METHOD</p> <p>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.</p> <p><small>*I only use pure therapeutic grade essential oils</small></p> <p>www.foodalchemy.com.au</p>
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Topping: Caramelised Banana and Pecans

Cut banana into thick slices.

In a dry frypan, add a handful of pecans and roast until warm. Add maple syrup and caramelise then set aside.

Into the same frypan add the bananas with more maple syrup and 1 tsp of coconut oil and caramelise. Top your pancakes with this divine mix!

To love oneself enables us to fully love others, as we liberate ourselves from limiting beliefs we free ourselves to love unconditionally.

Since a young age, we are often told who we “are”, and who we “are not”. For some reason we grow to believe it. We buy into others’ versions of us. To help us release generational issues, binds that tie us and stories that hold us back and “stop” us from truly being who we really are, try a blend of:

White Fir, Frankincense & Bergamot

Be silent, hide away and let your thoughts and longings rise and set in the deep places of your heart. Let dreams move silently as stars, in wonder more than you can tell. Let them fulfil you – and be still.
Jenny Colgan “The Little Shop of Happy Ever After”

These oils help to release the ties that bind, place us gently back on the path of our truth, and help to relieve us of the fear we carry as we embark on our journey to wholeness and love. Use these oils as an aromatic dressing, purefume, diffuse or spritz.

Consider also using the oils from the **Emotional Aromatherapy Kit**. Begin first with **Forgive**, massage in fractionated coconut oil over your heart centre, followed by **Console**. Massage **Peace** onto your feet for deep, regenerative sleep (consider adding a drop of **Frankincense** for further support).

And Finally, anoint yourself daily in **Passion** (which is already in fractionated coconut oil), and **Cheer**.

I recommend layering these onto your lava jewellery – see **Chempaka Designs**, <https://www.facebook.com/chempakadesigns/info/?tab=overview> adding a drop of **White Fir** to further enhance this.

Place **Passion** on your pulse points, behind ears, and upper heart chakra.

Take a deep breath and look in the mirror and say “**I Love You!**”



May ease and grace fill your days. May laughter bubble up from your belly to your lips. May loves embrace sooth and nourish you and warm your heart.

Upcoming Events

A Feast of Love - 16 April 2016



Food Alchemy with Vanessa Jean and Sophie Wicksteed present:

A feast of Love

Wholefoods, raw food, real food, and essential oils - 2 hours of foodie bliss!

Saturday, 16 April 2016
2 - 4pm
East Fremantle (address supplied upon booking)

Learn how to prepare delightful seasonal, plant based meals that will fill your belly and set your taste buds dancing! These two food goddesses will highlight meals for breakfast, lunch and tea with some cacao treats that will leave you smiling ear to ear!

Come with an appetite and a friend to share in the many delights that will unfold from garden to pot, or Thermomix to plate.

Investment \$35 per person or \$25 per person when you bring a friend.
 Places are limited so book in fast.

<https://www.eventbrite.com.au/e/a-feast-of-love-wholefoods-raw-food-real-food-and-essential-oils-tickets-24273622057>

www.foodalchemy.com.au



Bookings through Eventbrite at: <https://www.eventbrite.com.au/e/a-feast-of-love-wholefoods-raw-food-real-food-and-essential-oils-tickets-24273622057>

Facebook Event: <https://www.facebook.com/events/1673093969609632/>

Address supplied a few days before event (East Fremantle). This is close to being sold out.

A Feast of Love - 28 April 2016



Food Alchemy with Vanessa Jean and Sophie Wicksteed present:

A feast of Love

Wholefoods, raw food, real food, and essential oils - 2 hours of foodie bliss!

Thursday, 28 April 2016
10.30am - 12.30pm
East Fremantle (address supplied a few days before event)

Learn how to prepare delightful seasonal, plant based meals that will fill your belly and set your taste buds dancing! These two food goddesses will highlight meals for breakfast, lunch and tea with some cacao treats that will leave you smiling ear to ear!

Come with an appetite and a friend to share in the many delights that will unfold from garden to pot, or Thermomix to plate.

Investment \$35 per person or \$25 per person when you bring a friend.
 Places are limited so book in fast.

<https://www.eventbrite.com.au/e/a-feast-of-love-wholefoods-raw-food-real-food-and-essential-oils-28416-tickets-24450598398>
www.foodalchemy.com.au



Bookings essential through Eventbrite: <https://www.eventbrite.com.au/e/a-feast-of-love-wholefoods-raw-food-real-food-and-essential-oils-28416-tickets-24450598398>

Facebook: <https://www.facebook.com/events/995210343890260/>

Essential Aromatherapy for Men

Tuesday 19th April 2016, 7pm

East Fremantle - address supplied a few days before the event.

Join Paul Ovens, doTERRA Presidential Diamond, in this first ever Essential Aromatherapy for Men workshop – a class dedicated to men's health and wellbeing.

Paul will take you through his aromatherapy journey, showing you the essential oils and products he loves and why they have made such a difference for him.

This free workshop is open to both men and women whether they are new comers or existing Wellness Advocates.

Bookings essential through Eventbrite:
<https://www.eventbrite.com.au/e/essential-aromatherapy-for-men-with-paul-ovens-tickets-24445248396>

Facebook event: <https://www.facebook.com/events/1729005280689656/>

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

Bookings are now open for this exciting event. Please purchase your ticket though the following Eventbrite link: <https://www.eventbrite.com.au/e/emotional-aromatherapy-and-business-training-tickets-23027590142>

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



Emotional Aromatherapy and Business Training
With Cherie Burton, Vanessa Jean and Paul Ovens

Join these doTERRA powerhouses on a journey to explore the wonderful world of emotional aromatherapy, incorporating business training.

TOPICS

- Essential Emotions
- How to run a duplicable class for the Emotional Aromatherapy kit
- Using your 6 Senses to Self Nurture
- Emotional Aromatherapy
 - * Emotions Kit
 - * Mood Management Kit
 - * Aromatic dressing
 - * Art of blending
 - * 3 Minutes of Magnificence
- Breakout sessions
 - * Practicing how to do an Essential Emotions workshop
- Getting Clarity on your WHY
- Business with Heart
- Stepping out with Confidence

Cherie Burton **Vanessa Jean & Paul Ovens**

Saturday
 7th May 2016
 10am - 4.30pm
 Fly by Night,
 Victoria Hall Building,
 179 High Street,
 East Fremantle

Investment
 \$39 per person
 Bookings essential
 through Eventbrite -
 see link below

<https://www.eventbrite.com.au/e/emotional-aromatherapy-and-business-training-tickets-23027590142>
www.foodalchemy.com.au

2-day Business Training 21 & 22 May 2016

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

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

Bonus Training Day

The business training just got even more value packed! If you book into the 2-day business training, you get a bonus 3rd training day for free.



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-21744841408>

**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 with Vanessa Jean and Dr Martha 23 June 2016

Early Bird
\$39
investment

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

BOOK NOW!

Thursday 23rd June 2016
3-7 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

Please note this event has had a time change and will now be from 3-7pm.
Bookings essential through **Eventbrite**:

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

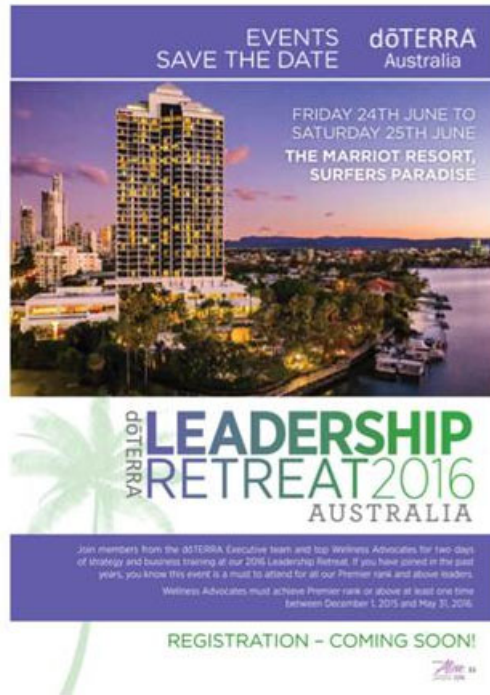
Facebook: <https://www.facebook.com/events/595432663955239/>

Leadership Retreat 24-25 June 2016

The Marriott Resort, Surfers Paradise

Tickets \$79 and are on sale now until 10pm on 5th June 2016. (ignore the reference to registrations being open soon, this was just released last night and the graphics haven't been updated yet!)

<https://www.eventbrite.com.au/e/doterra-australia-leadership-retreat-2016-tickets-23750883532>



Hold this date - Sunday 26th June 2016

More details to come for this exciting Success Training in Surfers Paradise.

2016 doTERRA Global Convention Utah, USA

14 - 17 September 2016

To register, go to <http://doterra.com/doterraone/#/home?language=en>



doTERRA Global Convention 14-17 September 2016, Utah, USA

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 **doTERRA essential oils**. If you would like to know more about these exquisite oils, please go to my [website](#).

doTERRA Specials of the Month

10% off is DigestZen (Local)

SAVE 10% IN APRIL - LOCAL

DigestZen[®]

INTERNAL BLEND
essential oil 15mL

DōTERRA'S 'TUMMY TAMER', DIGESTZEN ESSENTIAL OIL IS A UNIQUE BLEND OF FENNEL, GINGER, CORIANDER, PEPPERMINT, CARAWAY SEED, TARRAGON AND ANISE ESSENTIAL OILS. THESE ALL ADD TO THE OVERALL EFFICACY OF THIS POTENT BLEND. IT IS GREAT TO CARRY AROUND WHEN YOU KNOW YOU WILL BE ENJOYING A BIG MEAL, OR WHILST TRAVELLING.



USES

1. Drop into a Veggie Cap to take internally
2. Put a few drops into your water and continue to sip throughout the day
3. Diffuse for a spicy, sweet, minty aroma

31030004 AUD \$41.00 WHOLESALE \$54.67 RETAIL VALUE 37.50PV

dōTERRA

Product of the Month - 5ml Easy Air



Vanessa Jean's
Breathe Easy

Chest Rub Recipe 1
10 ml fractionated coconut oil
10 ml coconut oil
10 ml shea butter
10 drops Respiratory Blend

Chest Rub Recipe 2
10 ml fractionated coconut oil (roller bottle or bowl)
2 drops Respiratory Blend
2 drops Cedarwood

My airways are open. I breathe easily. My lungs expand with the breath. My chest is clear. I give thanks for healthy, open lungs."

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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

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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