

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Essential Oils for Exams

When it comes to uplift and an increase in cognitive abilities, the citrus oils are flying high - high in their percentage of monoterpenes (one type of chemical constituents of an essential oil – and found in all essential oils). Monoterpenes, in general, have a stimulating effect, although interestingly, Bergamot, which has a much lower percentage of monoterpenes, is useful for calming rather than stimulation so use Bergamot for emotional and performance stress and to help reduce any anxious states. Bergamot also works beautifully with fear... fear of the known and unknown... watch how many beautiful ways Bergamot works in a blend, adding a soft caress of citrus to lift the blend and elevate the mood.

Oils for Focus and Concentration

Lemon

- Promotes a positive mood and cognitive ability
- Supports a healthy respiratory function
- Brings clarity to the mind
- Assists in lifting a brain fog or mental fatigue

Other citrus oils and oil blends to consider:

- Grapefruit (helps reduce mental and physical fatigue)
- Lime (positively affects mood, promotes emotional balance and wellbeing, inspires creativity)
- Wild Orange (uplifting to mind and body)
- Tangerine (use to help soothe anxious feelings and manage stress)
- Invigorating Blend (reduces stress, uplifts and positively affects mood, energizing)
- Joyful Blend (elevates mood and increases vitality, energizing, helps to lessen anxious feelings)

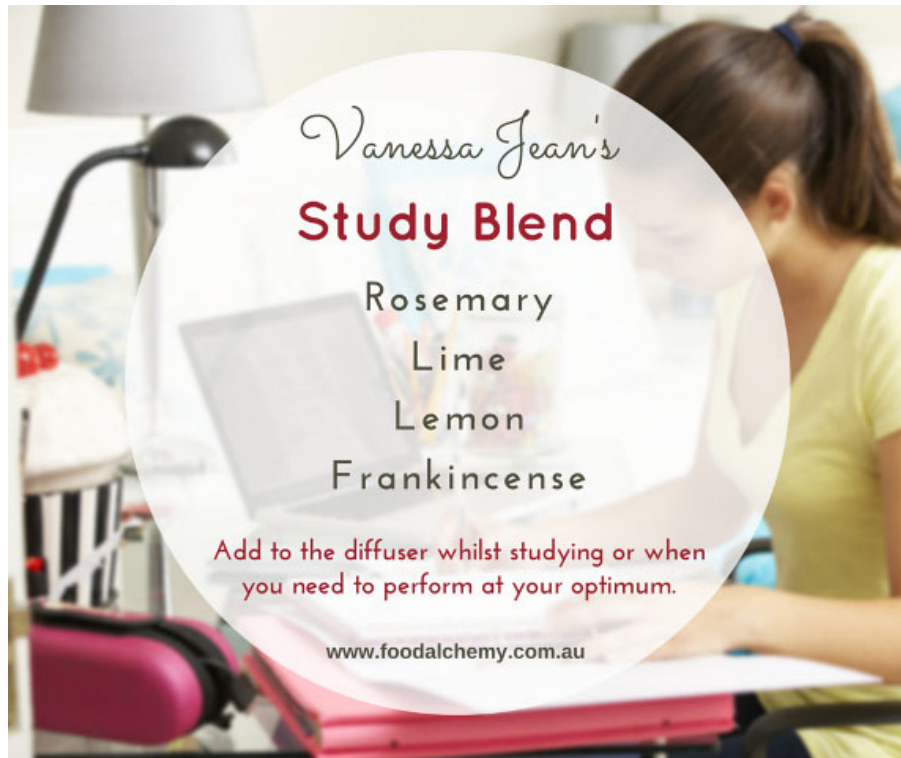
Peppermint

Peppermint is a great oil to clear the head of any stuffiness and to promote clear breathing and a healthy respiratory function. Add a drop to your water bottle (glass or stainless steel, never plastic) to increase oxygenation, clarity and performance. As we breathe properly and deeply it opens us to performing at our optimum and to receive the gifts of life. This essential oil is VERY potent

– one drop is all you need. Great to relieve head tension and pain.

Rosemary

- Helps reduce nervous tension and fatigue
- Great to assist with memory retention
- Bathe with one drop of Rosemary and one drop of Lavender in Epsom salts to relieve muscular tension or mental strain



Spearmint

For those who find Peppermint too overwhelming, consider Spearmint. Spearmint promotes a sense of focus and uplifts mood. It has a sweeter note to it and can also be added to food like Peppermint. Spearmint cacao bliss balls are divine, energising and perfect for on the go nourishment! See the recipe in this newsletter.

Focus Blend

- Enhances and sustains focus
- Supports efforts of those who have difficulty paying attention and staying on task
- Promotes healthy thought processes
- Beautiful as a purefume

Encouraging Blend

Known as the motivator in the new Emotional Aromatherapy kit, this versatile blend can be used to clear the mind, stoke one's confidence, lift one's self esteem and is beautiful at shining a light on all the reasons why you are perfect as you are! One drop rubbed into your hands and rubbed over your head/hair and clothes is all you need to give you that extra boost to take a step into the world, with confidence and your head held high.

Ingredients: Peppermint plant, Clementine peel, Coriander seed, Basil herb,

Yuzu peel, Melissa leaf, Rosemary leaf, Vanilla bean

This synergistic blend can be further enhanced when blended with White Fir... let go of that which no longer serves you (i.e. limiting self beliefs)... allow yourself to be present to what is (you are perfect as you are) ... return to the now (and receive life's many gifts).





Study Recall

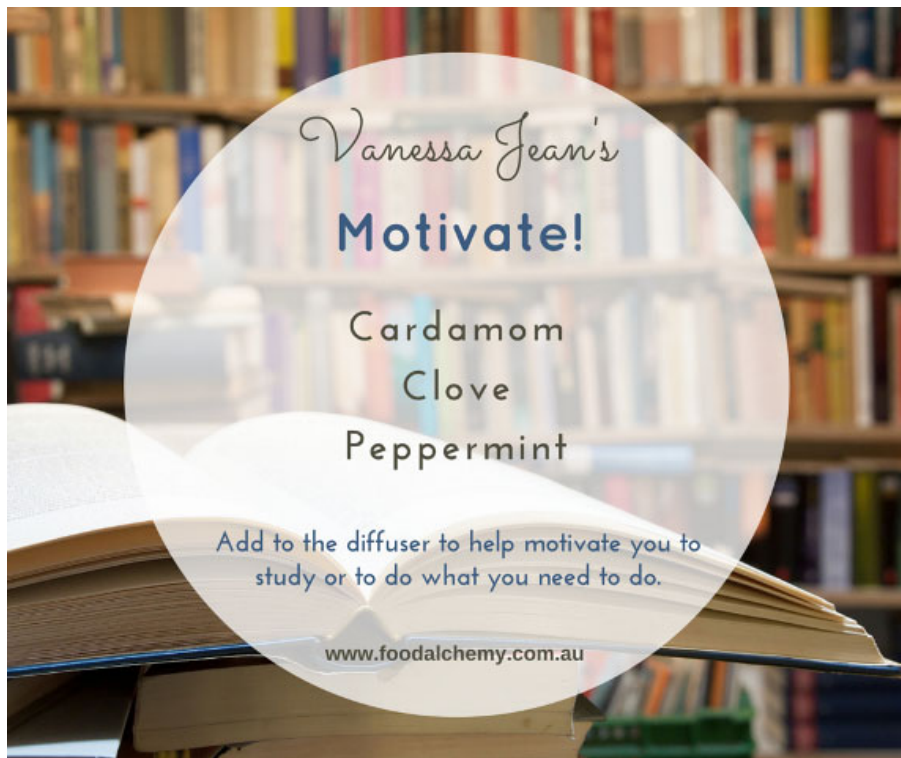
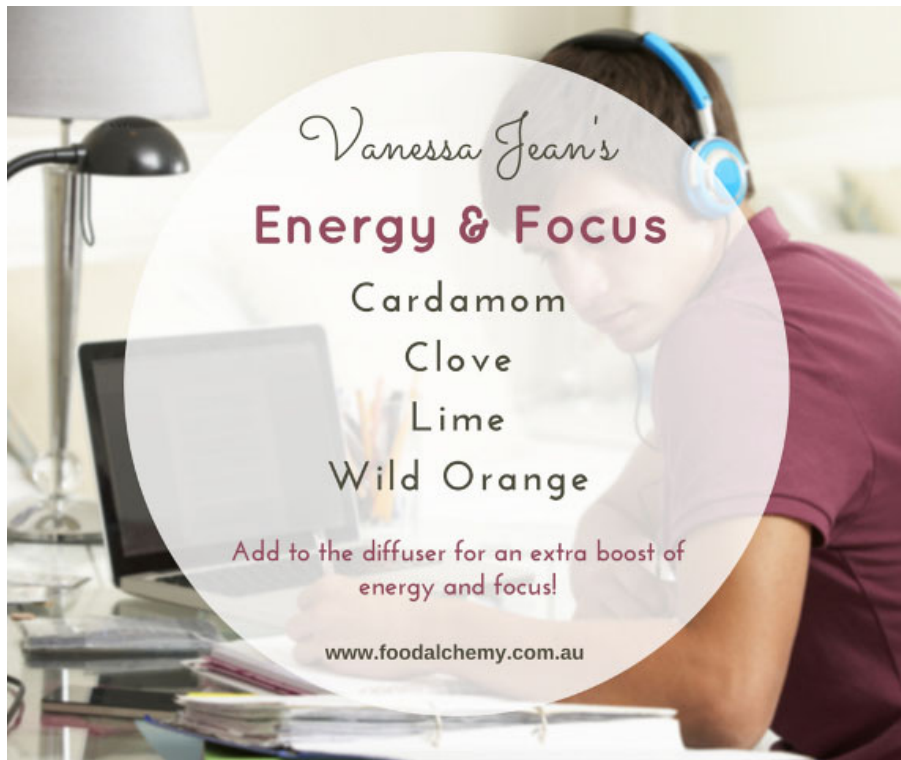
Try this tip to help you recall what you have studied before and during exams. Place the oil(s) used while you were studying onto a tissue or cotton ball. Place that ball inside a sealable plastic bag. Before the exam, take the tissue/ball out and breathe deeply to help you with recall. Continue to breathe the tissue/ball as needed. Alternatively, make up a roller bottle of your favourite study blend and apply the blend to your pulse points just before sitting your exam.



When I was studying I often had Rosemary in my blend to help me retain what I was learning. So I would take a drop or two on a tissue and place that on my person and would breathe it in during the exam. You can also add it to your lava jewellery. See Chempaka Designs at <https://www.facebook.com/chempakadesigns/>

Mental Overload Cardamom

- Elevates the spirit and uplifts the mood
- Assists with respiration, thus assists us with clarity of mind and performance



Basil

- Assists with clear breathing
- Promotes mental alertness
- Lessens anxious feelings
- Enhances memory function
- Reduces stress and tension
- Sharpens focus while studying or reading
- Blend to diffuse: Basil, Lemon, Peppermint and Rosemary to enhance memory retention and recall and maintain focus

Physical Body Release and Relaxation

Long periods of study, often when a body is in a fixed position for a long time, can cause muscle soreness and tension – especially the neck and upper body from too much bending over books and iPads.

Massage Blend

- Relaxes muscles and soothes joints
- Dilute 1-2 drops in a tsp of carrier oil (I love using fractionated coconut oil by dōTERRA, it is like liquid silk!) and massage over neck and tension points, taking care to avoid the eyes and sensitive parts of the body

Tension Blend

- Provides grounding and balanced emotions
- Soothing effects on both the mind and body
- Promotes feelings of relaxation and calm emotions
- Apply to the neck, shoulders, or behind the ears to help calm emotions while breathing in the cooling, distinctive aroma

Soothing Blend

- Soothing Blend is a wonder for sore, cramped muscles
- The oil is fast acting, and the cream long lasting. You can use the rub and oil together - start with the oil first then the rub. (Dr Hill)
- Soothing Blend is specific for soft tissue pain – it comforts tired and sore muscles (Dr Hill)

After hours studying, it is important to take the time to calm the brain down before attempting to sleep.

Good calming oils and oil blends include:

- Calming Blend
- Vetiver
- Cedarwood
- Lavender
- Marjoram
- Frankincense
- Grounding Blend
- Reassuring Blend (Peace) – new, in the Emotional Aromatherapy Kit
- Renewing Blend (Forgive) – new, in the Emotional Aromatherapy Kit



Help to turn off your mind with this little ritual...

One drop of Grounding Blend and one drop of Franki boy (Frankincense) in your hands, rub them and gently cup them over the nose and inhale. Inhale,

then rub the two oils over the back of your neck and over your forehead (the Grounding Blend is suspended in carrier oil and is safe to apply onto the skin with Frankincense.)

As you inhale, feel the love streaming in... let yourself be cocooned in love.

As you exhale connect with everything you are grateful for and send that out into the world.

On your feet, massage one drop each of Marjoram and Cedarwood (and if you are really wired and need an extra boost for sleep add one drop of Vetiver) into a small bowl with 1-2 tsp carrier oil...massage your feet lovingly, giving thanks to your feet and your body and the day. Focus on the big toe which is the head in reflexology... soothing it with the oils and your touch.

Take deep breaths... rub a drop of Lavender onto your hands and then rub it over your bedding and pillow and pj's (for those that wear them)... and as you nestle into bed you are breathing in the Lavender. If you are not a Lavender fan use Frankincense or Cedarwood.



Vanessa Jean's
Muscle Relaxation Blend

- 1/4 cup Himalayan salt crystals
- 1/3 cup Epsom salts
- 1 Tbsp coconut oil
- 3 drops Frankincense essential oil
- 2 drops Marjoram essential oil
- 2 drops Lavender essential oil

Add all ingredients to a bowl, gently mix by hand.
Pour into a full bath and bliss out as you soak - releasing with each breath what no longer serves you in your day and your life.

***My body is supple. I am relaxed.
My muscles release all tension as I allow myself to release and exhale.***

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Autumn Hand and Body Scrub

- 1/4 cup brown sugar
- 2 tbsp coconut oil
- 1 tbsp olive oil
- 2 drops Spearmint essential oil
- 1 drop Cedarwood essential oil
- 1 drop Lavender essential oil

Combine well. Massage over hands, feet and all over the body. Rinse well with warm water, then follow with this succulent aromatic dressing blend.

Aromatic Dressing Blend

- 10ml fractionated coconut oil
- 2 drops Lavender essential oil
- 2 drops Frankincense essential oil

1 drop Ylang Ylang essential oil
1 drop Patchouli essential oil

Recipes



Wholesome Trail Mix

Perfect wholesome snacking -
nourishment to sustain you
throughout the day.




Raw cacao whole beans
Goji berries
Raw cacao nibs
Raw activated almonds
Raw Brazil nuts
Raw pepitas
Raw sunflower seeds
Raw sesame seeds
Raw chia seed
Maple syrup or honey to taste (optional)

Add the whole cacao bean (leave intact) to a bowl with other ingredients, mix with your fingers into the desired sweetener (I do not use sweetener this is up to you)...and enjoy! Not only will this fill you with glee to eat, it will sustain you. The King of trail mix; this is something to sit on your bench top and 'snack on' throughout the day.

Simple, profound, healing, nourishing and bitter-sweet! A great addition to any day. You can add wild harvested organic blueberries or cranberries, and/or other nuts to this mix. It gives the lift you need for the day, physically, mentally and emotionally. It is healthy for all, and the children love it too!

Note: You can reduce this to only a few ingredients i.e. pepitas, cacao beans, cacao nibs and goji berries. Add some soaked almonds to your handful and away you go! Store in a glass jar and take with you on your outings or to snack on while at work or on the go.

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ENERGY BARS

Loaded with goodness and so easy to make with so little ingredients - these bars are rich in fibre and omega 3 from the flax seeds (grind these in your food processor to open the husk and access all their goodness!) The almonds need to be soaked overnight to release their enzyme inhibitors and the tannins from their skin. Soaking them also enables your body to access the Vitamin E and high-quality protein found in the almonds. You can replace almonds with any nut of your choice.

Version 1	Version 2
1 cup almonds, soaked overnight	2 cups almonds, soaked overnight
1/2 cup ground flax - buy whole then grind them yourself	2 tbsp chia seeds
1 tbsp desiccated coconut (optional)	2 tbsp cacao nibs
1 tsp ground cinnamon	100g cranberries
1 drop Cassia essential oil*	1 cup coconut flakes
20 medjool dates, pitted	6 drops Peppermint essential oil*
	1/4 cup raw cacao powder

** Only use pure essential oils*

Method

Blend the almonds first, and then add remaining ingredients until it all comes together. Line a baking tray with baking or parchment paper. Refrigerate for 1-2 hours, cut into squares or however you like. Keep these stored in the fridge or freezer.

Optional: top with raw chocolate infused with Wild Orange or Lime essential oil*! Or combine one of them with Cinnamon Bark essential oil* – oh my joy for the taste buds and your heart! Remember that this will melt so if you top with raw chocolate, keep refrigerated.

Brain Buster Bliss Balls

Ingredients

15 medjool dates, pitted
 1/4 cup raw cacao powder
 1 tbsp hemp seeds
 1/4 cup pepitas
 1/4 cup sunflower seeds
 1 tbsp sesame seeds
 Pinch Celtic or Himalayan salt
 Optional – 1/2 cup walnuts
 1 tsp spirulina (I use Hawaiian Pacifica brand)
 1 tbsp chia seeds
 1 tbsp cacao nibs, extra for rolling if desired (I like to grind them in a mortar and pestle for rolling)
 1 tbsp coconut oil, softened (not liquefied)
 2-3 drops Spearmint or Peppermint essential oil

Method

Blitz seeds/nuts first to fine texture.

Add remaining ingredients, on medium speed combine ingredients. Check for taste, adding more oils if needed (start with 1 or 2 drops and add more as you go. Remember they are pure and potent so less is more).

Kitchen Notes

- You can use any nuts or seeds
- Dry figs are divine in this also
- If you are not a fan of the mints, choose Wild Orange or some of the spice oils like Cinnamon Bark or Ginger and Lime



One of the most versatile plants on the planet, hemp can be used for most anything; you can create so much with it! On top of that it is an eco-balancer when growing in nature and is friendly to the land adding its vital force as it goes.

I mention these most every food class because they are sooooo good for you. They are wonderful to use topically as well as internally to balance your body. They are a great protein source and are easily digested, they contain all 10 essential amino acids and the omega-3, omega-6 and omega-9 and GLA essential fatty acids (which our body does not produce on its own and is required for a balanced, healthy body. You do not need to soak these gifts from the earth as in the form we buy them they are non-germinating. With its lovely nutty flavour, hemp have extremely high amounts of essential fatty acids, which are vital for brain health, memory, mood and concentration.

Protein Dip

The sunflower seeds, hemp seeds and avocado fill this with protein and great fats. This is best eaten immediately so the avocado does not have a chance to oxidise.

Ingredients

- 1 large avocado
- 1 cup green leaves (rainbow chard, spinach, kale for example)
- 1 cup sunflower seeds, soaked
- 1/4 cup hemp seeds
- 1 tbsp hemp oil
- Juice and zest of one orange (do not use zest of citrus fruits if you are not using organic or spray free produce)
- 1/8 tsp cayenne
- Handful of parsley or coriander
- Optional: add 6 drops Lemon or Lime essential oil and 1 drop Black Pepper

Method

Blend all ingredients to a smooth consistency and enjoy this delicious dip any time of the day! I love increasing the oil by adding more olive oil and creating a dressing with it.

Serve with raw carrots, broccoli and peppers or dehydrated crackers.



And make sure you are drinking plenty of water.

Consider adding the following oils to flavour up your water: Lemon, Lime, Wild Orange, Peppermint, Fennel & Lemon or Digestive Blend.

Upcoming Events

Food Classes



Mediterranean Delights – A Taste of Italy

Date: Thursday, 12 May 2016

Time: 11am – 1pm

Location: East Fremantle. Address emailed 2 days before the event.

In this class we explore my home country. Using fresh, seasonal and plant-based produce, you will learn how to make mouth-watering culinary delights of Italy with magnificently simple peasant fare. Places are limited so book in fast. Come with an appetite and a friend to share in the many delights that will

unfold from garden to plate.

Investment \$35 per person or \$25 per person when you bring a friend.

Ticket sales close 6pm 11th May to allow time to prepare.

Eventbrite:

<https://www.eventbrite.com.au/e/mediterranean-delights-a-taste-of-italy-tickets-24806322378>

Facebook:

<https://www.facebook.com/events/1708374722775913/>



A Taste of India

Date: Sunday, 15 May 2016

Time: 11am – 1pm

Location: East Fremantle. Address emailed 2 days before the event.

Enter the world of exotic spices and scents as we explore and create Indian cuisine to suit a busy life style. We will feast on aromatic rice, vegetarian curries, and raita to soothe the palate. All meals are plant-based, seasonal, family friendly, colourful and simple to make.

Places are limited so book in fast.

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

Investment \$35 per person or \$25 per person when you bring a friend.

Ticket sales close 6pm 14th May to allow for preparation time.

Eventbrite:

<https://www.eventbrite.com.au/e/a-taste-of-india-tickets-24806545044>

Facebook:

<https://www.facebook.com/events/158405374558046/>



Essential Aromatherapy for Men – with Paul Ovens

Tuesday 24th May 2016

7pm-9pm

East Fremantle - address supplied a few days before event.

Join Paul Ovens, doTERRA Presidential Diamond, in this 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.

Eventbrite

<https://www.eventbrite.com.au/e/essential-aromatherapy-for-men-24-may-16-tickets-25294078269>

Facebook

<https://www.facebook.com/events/1548014152161148/>

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

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.

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

Business under the Big Tree - Share Success Australia 26 June 2016



Business under the Big Tree

Share Success Australia

Sunday 26th June 2016, 10am - 8pm
 Surfers Paradise Marriott Resort & Spa, 158 Ferny Ave, Surfers Paradise QLD

Open to all ranks and all teams. Auslan interpreters provided.

Topics

- Busting rank barriers – an hour of power; rank specific breakouts with top leaders
- Redefining network marketing and sales – Connection Marketing – a new paradigm
- The illusive LRP – ramp up your results
- Inspired compensation –why doTERRA's compensation plan rocks!
- Overcoming blocks and limitations – for real!
- Awesome follow up methods and niche marketing
- Powerful leadership - uncovering leaders who enrol
- Placements – fast track growth and sustainable building
- Social media and branding – what's your mark on the world?
- Generating new leads – successful community gatherings and events
- Breakouts & high volume of activity
- Learn tools to apply straight away

Tickets

<https://www.eventbrite.com.au/e/business-under-the-big-tree-share-success-australia-tickets-24693787784>

High energy
Live music
Power-packed
fun &
entertainment
Inspirational



Investment

\$39, Eventbrite tickets on sale until 12th June 2016 unless sold out prior.
Includes live entertainment.

Eventbrite

<https://www.eventbrite.com.au/e/business-under-the-big-tree-share-success->

[australia-tickets-24693787784](#)

Facebook

<https://www.facebook.com/events/463073990564537/>

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

Vanessa Jean on YouTube!



You might also like to explore my **YouTube channel**:

Food Alchemy with Vanessa Jean

doTERRA Specials of the Month

May is 200PV Special Month

Offer runs from 1st May to 15th June 2016.



youthful elegance

EARN A FREE SALUBELLE 10mL ROLL ON (RETAIL VALUE AUD \$129.33) BY PLACING ANY SINGLE 200 PV ORDER FROM MAY 1 - JUNE 15, 2016.

SALUBELLE ANTI-AGING BLEND

Salubelle is a proprietary blend of powerfully renewing, rare essential oils used throughout history for their beautifying benefits. Salubelle easily absorbs into the skin and can be used on the face, neck, and décolletage to reduce the appearance of fine lines, wrinkles, and aging skin.

PRIMARY USES

- Apply a thin layer of Salubelle to the face, neck, and décolletage. Repeat application to targeted areas of concern. Follow with the doTERRA moisturiser of your choice.
- Use on minor skin irritations to reduce the appearance of scars, blemishes, and stretch marks.
- Applied to the back of the neck and ear lobes, Salubelle can help promote feelings of relaxation throughout the day.

RULES & TERMS

A single 200 PV order can only qualify for one promotional item. If an individual would like to earn the product up to four times, they must place four separate 200 PV orders.

- Orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Orders placed outside the qualifying time period (May 1 through June 15, 2016) do not count toward the promotion.
- All orders must be placed and processed before June 15, at 11:59 pm MT to receive the free product.
- PV is not equal to the cost of an order. Before completing an order, the individual placing the order must verify that the order is 200 PV.
- Any orders or items returned that result in the order going below the 200 PV requirement will have to return the free Salubelle or the product will be charged on the members account.
- Retail, Wholesale, and Preferred Members can qualify for the promotion.

10% off is Salon Essentials (Local)

SAVE 10% IN MAY - LOCAL

Salon Essentials

Shampoo and Conditioner Pack

dōTERRA SALON ESSENTIALS PROTECTING SHAMPOO PROVIDES A CLEANSING BOOST TO REMOVE IMPURITIES COLLECTED ON THE HAIR AND SCALP. IT IS FORMULATED FOR ALL HAIR TYPES, AND PROVIDES SUPPORT TO CHEMICALLY TREATED, HEAT- STYLED HAIR BY PROVIDING NATURAL MOISTURE AND PROTECTION. dōTERRA SALON ESSENTIALS SMOOTHING CONDITIONER CONTAINS LAVENDER, PEPPERMINT, MARJORAM, CEDARWOOD, EUCALYPTUS AND ROSEMARY ESSENTIAL OILS LEAVING HAIR LOOKING STRONG AND HEALTHY.



USES

1. Use shampoo to restore moisture and repair split ends.
2. Work conditioner evenly into wet hair for a smooth, finished look.
3. Supports luminous and healthy looking hair.

36260004 AUD \$39.00 WHOLESALE \$52.00 RETAIL VALUE 26PV

dōTERRA

Product of the Month - Cedarwood



- Before exercising, massage one to two drops into your chest to maintain vitality throughout your workout
- After a difficult day, diffuse Cedarwood to relax the mind and the body
- When a child wakes up scared, apply to the bottom of feet to return a peaceful feeling
- Naturally repels insects
- Place a drop on a cotton ball and place in closets, storage boxes, or other areas to keep moths at bay

For more information go to:

https://www.doterratools.com/documents/Cedarwood_Essential_Oil_Product_Information_Page.pdf

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