

Inspiration from Food Alchemy with Vanessa Jean

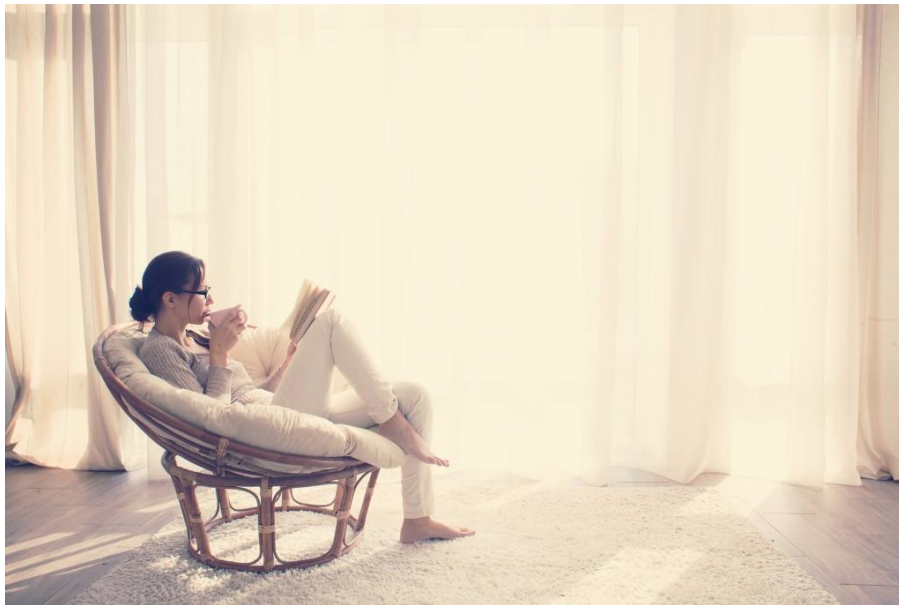
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Welcome to June and the coming of winter with the advent of the winter solstice on June 20-21, it marks the shortest day and longest night and is most certainly a glorious night for bonfires, meditation and walking the inner spiral to peace.



I love wintery strolls, clothes and meals to help me get over my aversion to the 'cold'. So this newsletter is going to be full of what I love to do to support my family and I during the cooler season (blessed as we are in Western Australia to not have really cold weather, I still feel it!!).

This month I shall share recipes that nourish you from a bowl of love, oils to elevate the spirits even on the dreariest day, and music to open the heart... get ready with a nice cup of hot spiced cacao, put your feet up and enjoy the journey!



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. **It's an oldie but a goodie for this weather.** 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.

And here is a recipe of winter warming bliss balls ... eat as you read and drink your hot cacao drink! Both will warm, replenish and nourish you and help strengthen your immunity. A lovely boost for winter!.



Winter Warmer Bliss Balls

Organic Ingredients

- 1 cup mixed nuts i.e. raw cashews, brazil nuts and walnuts (full of great fats!)
- ½ cup sunflower seeds and pepitas (pumpkin seeds)
- 1 tbsp cacao nibs
- 1 tsp acai powder
- 10 medjool dates, pitted
- 10 dried figs
- ¼ cup raw cacao powder
- 1 tbsp coconut oil, softened
- 3 drops Wild Orange essential oil
- 1 drop Protective Blend (On Guard)

Method

Blitz nuts and seeds first. Then add dried fruits and remaining ingredients, and combine until they all come together.

Taste – adding more essential oil if required (to taste).

Roll into bliss balls and store in the fridge... snack on them as and when needed (like right now!)

Options – roll into ground cacao nibs or nuts! Yummy!!

Let us now spotlight one of my favourite supplements that dōTERRA offers and its companion oil blend. I use these daily and find they load me with the extra support I need during times of stress or when I travel.

DDR Prime

A blend of transformation, repair and regeneration – available in both softgel form and an oil, it works beautifully to help dissolve fear, pain, doubt, despair, discouragement and disbelief. This is my favourite in dōTERRA's supplement range; I use both the oil and the softgels (vegan).

They are a composition of 7 synergistically blended pure essential oils: Frankincense, Clove, Summer Savoury, Niaoli, Wild Orange, Thyme, & Lemongrass. They are formulated to support healthy cellular response, repair and regeneration.

This blend combined with White Fir, in an aromatic dressing (10ml fractionated coconut oil, or any carrier oil with 2 drops DDR Prime oil blend and one drop White Fir) will help dissolve 'stuckness' that is born from family patterns. These patterns are not actually your own, and oft' times we forget from whence they came, yet we hold onto them as though they were our own, something special or precious. When we allow ourselves to see the truth, Frankincense promotes clear sight and sets us on our path of truth, we begin to see that these patterns no longer serve us or our loved ones. Using DDR Prime in an aromatic dressing and ingesting the softgels as indicated on the bottle, allows the untruths and even any 'toxicity' from the situation to dissolve. When we allow something that no longer serves to dissolve, it can be transmuted back to its natural state of love. This includes us. I hold the belief that all that is real is love, if it isn't love it comes from fear... anything from fear I hand back over to the universe/God/Spirit... and allow it to dissolve and return to love.

When taking the capsules of DDR Prime, remember to take them with a good fat, after a meal. This will enable the body to use them correctly and assimilate the oils within safely and effectively.



I love to add a drop of DDR Prime Liquid oil to one tsp of carrier oil and massage it into the base of my spine daily. It is heavenly – wonderful to relieve tension or pain and to support the body all over!

Let us now move to some essential oils and blends that support our immune system and respiration. As we take deep breaths, we allow ourselves to receive the gifts of life, so let us begin with the Respiratory Blend and some of the ways we love to use it!



Stunning in an aromatic chest rub, or in the diffuser, this blend helps to relieve us of anxious feeling states, and contraction, allowing us to enter into an expanded state once more.

Place a drop or two in the diffuser with a drop of Lavender for deep sleep and to help minimise or eliminate any dreadful snoring!

When I feel a niggles of something coming on, or run down, a compromised immunity or sore throat I make myself a yummy 'tea'. Warning - it packs a punch lol! But it works.

Boil the kettle and pour in your water in a nice big mug. Allow the water to cool a little... then add one drop each of Peppermint, On Guard and Digestzen... breathe in the heavenly aroma... My first inhalation has me feeling; together the oils and I will nail this!! Then slowly sip it... let it nourish you. Let this trio weave their magic on you... let them talk your body back into health and wellness.

It is great for those feeling tired, needing an emotional boost, mental clarity and off course immune support and loving. When I travel, I always have these three on hand and, with the addition of Oregano, Frankincense and Lemon essential oils, I can make my own capsules to help ward off any nastie bugs. One drop each of Frankincense, On Guard, Oregano and Lemon into an empty veg cap (dōTERRA have these) with a big glass of water, I take one capsule the day before I fly, the day of my flight and the day after my flight and this is great protection! I also use this combo if I feel something coming on or my immune system is compromised.

You can also make yourself a 'tea' with one drop each of ginger and lemon... beautiful for the tummy as well as the immunity. This tea is a restorer of peace and harmony, add a swish or raw honey if you choose, though I love it as is.



Let us now add some more deliciousness for the winter table!

Eggplant Dip



This is wholesome and nutrient dense. The addition of hemp seeds and the omegas in the oil is brilliant brain food and offers great longevity for your day!

Ingredients

- 2 small-medium eggplants
- 3 cloves of garlic
- 2 tbsp hemp seeds
- Celtic or Himalayan salt to taste
- ½ juice of one lemon, zest it first and set the zest aside
- 1 tbsp organic extra virgin olive oil, extra for serving
- 1 tbsp organic hemp seed oil
- Pinch of cumin powder or one drop of cumin essential oil
- 1 drop Black Pepper essential oil
- 1 drop Lemon essential oil

Method

Preheat the oven to 180°C.

Place the eggplant on a lined baking tray, massage in olive oil then roast for 45 minutes until softened. The skin will go quite dark/black. Remove from the oven and leave to cool.

Peel the garlic, scoop the cooled insides from the eggplant into your food processor. Blitz with remaining ingredients.

Taste and adjust adding extra oil and lemon as needed. Place in a dish and sprinkle with olive oil and hemp seeds. Serve with dehydrated crackers, flatbread, sourdough and/or freshly chopped vegetables.

I love to create a platter of love adding olives, dehydrated tomatoes in olive oil, pickles, sour croute etc. Enjoy!

While you make this why not put on some music you love and have a dance and a sing around the kitchen? There is nothing more wonderful than infusing your meals with love and joy bubbles!!

Another oil I dearly love is Fennel. This is so warming and nurturing to me, I love to add a drop of Fennel and Lemon to my water and drink it throughout the day. It is great for a sore tummy, or overindulgence (as is Digestzen which has Fennel in it) and wonderful as a tea. I love a warm cup of fennel or combining like a healing elixir of Fennel, Cardamom and Wild Orange or Lemon, stunning and so supportive. This is like receiving a hug from the inside! Very effective massaged over the belly (1 drop Fennel) or on the soles of the feet diluted in a tsp of carrier oil to soothe a sore tummy.

You can add fennel to salad dressings to, and as fennel is in season your body will love you even more for it. It is known as a delicious digestive aid so use it!

Fennel Salad Dressing

¼ cup extra virgin olive oil
1 tbsp hemp seeds
1 tbsp cranberries or mulberries (dried and organic, sulphate free)
1 drop Fennel essential oil
2 drops Lemon essential oil
1 drop Black Pepper essential oil
1 – 2 tsp apple cider vinegar (Bragg's is my fave)
1 tsp coconut aminos

Shake it up in a jar or stir well in a bowl, and pour over your favourite salad!
Store in the fridge.



Fennel Salad

1 fennel bulb, diced, toss through with olive oil, salt to taste and a touch of apple cider vinegar.

Eat as a meal or a side dish – you can add Lebanese cucumber/tomatoes/lettuce or a mix of it all! Use the green fennel leaves to season the salad.

Upcoming Events

Workshops and business training are currently being planned for the east coast of Australia.

As the details are still being finalised and won't make it in time for this newsletter, please go to <http://www.foodalchemy.com.au/events.html> - new workshops and training will be added as soon as they are ready to go.



Aromatherapy for Everyday Living 19/6/16

11am – 12.30pm

Join Vanessa Jean from Food Alchemy on this introduction to natural solutions to health and wellbeing with essential oils.

Cost is free, bookings through Eventbrite are essential.

Location: North Lakes – address emailed 2 days before the event.

Eventbrite

<https://www.eventbrite.com.au/e/aromatherapy-for-everyday-living-19616-tickets-25919633321>

Facebook

<https://www.facebook.com/events/616843598491604/>

**Art of Blending 19/6/16****3pm – 4.30pm**

Join Vanessa Jean, Food Alchemy, as she demonstrates the art of blending, using aromatherapy for everyday life:

- Aromatic dressing, pure-fumes and room sprays
- Generating and manifesting powerful intentions
- Aromatic anchors
- Elevate your moods naturally

Cost is free, bookings through Eventbrite are essential.

Location: North Lakes – address emailed 2 days before the event.

Eventbrite

<https://www.eventbrite.com.au/e/art-of-blending-19616-tickets-25919728606>

Facebook

<https://www.facebook.com/events/657390354468499/>



Aromatherapy for Men 20/6/16

7.30-9pm

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.

Location: North Lakes – address emailed 2 days before the event.

Eventbrite

<https://www.eventbrite.com.au/e/aromatherapy-for-men-20616-tickets-25919798816>

Facebook

<https://www.facebook.com/events/285673645111370/>

Love yourself, Love your Business with Vanessa Jean and Dr Martha 23 June 2016

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|---------------------------------|---|--|
| | <p>Early Bird \$39 investment</p> <p>Early Bird rate \$39 until 30 April 16, \$49 thereafter.</p> | <p>BOOK NOW! Thursday 23rd June 2016 3-7 pm Surfers Paradise Marriott Resort & Spa Surfers Paradise</p> <p>Love Yourself, Love your Business with Vanessa Jean & Dr Martha</p> <p>An empowering 3 hours with 2 doTERRA Earth Goddesses. PLUS bonus hour: mastermind hot-seat with Vanessa Jean and Dr Martha and their men.</p> <p>They are bringing their men so bring yours along too!</p> <p>IGNITE the Love! TIME TO LIVE YOUR DREAMS! LET'S STEP UP!</p> <p>Book through Eventbrite at: https://www.eventbrite.com.au/e/love-yourself-love-your-business-tickets-23527441210</p> <p>www.foodalchemy.com.au www.drmarthanessler.com</p> |
| <p>LAUGH Love Learn</p> | | |

Bookings essential through **Eventbrite**:

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

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

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



Business under the Big Tree
Share Success Australia

Investment
\$39

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

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

- 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 21st 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/>



Aromatherapy for Everyday Living 30/6/16

Join Vanessa Jean from Food Alchemy on this introduction to natural solutions to health and wellbeing with essential oils.

Learn how to use essential oils to create blends, pure-fumes and to aromatically dress.

Cost is free, bookings through Eventbrite are essential.

When

Thursday 30th June 2016, 7pm. Please be there at 6.45pm for a 7pm start.

Where

Essendon, Victoria. Address emailed 2 days before the event.

Eventbrite

<https://www.eventbrite.com.au/e/aromatherapy-for-everyday-living-30616-tickets-26026476893>

Facebook

<https://www.facebook.com/events/245061995866912/>



A Feast of Love 2/7/16 Yarrambat, Victoria

Come and join Vanessa Jean from Food Alchemy for a beautiful intimate cooking class with lots of colour and flavour held at a private residence in Yarrambat, Victoria.

When

Saturday 2nd July 1pm – 3.30pm

Where

Yarrambat, Victoria (address emailed 2 days before event)

Includes family friendly, gluten free, processed sugar free, plant based recipes using seasonal produce.

Enjoy feasting on all the food that is made on the day! You will also receive a comprehensive recipe e-book of the recipe's made on the day.

Cost is \$55 per person OR \$45 per person when you bring a friend! Due to the nature of the class, it is suitable for adults only.

Bookings are essential through Eventbrite.

Bookings close 1st July at 6pm to allow time to purchase produce for the class.

Eventbrite

<https://www.eventbrite.com.au/e/a-feast-of-love-2716-yarrambat-tickets-26026367566>

Facebook

<https://www.facebook.com/events/1056018944484867/>



Melbourne 1-day Business Training 3/7/16

Are you ready to take your dōTERRA business to the next level and beyond?

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamond, on this exciting and intensive 1-day business training, designed by people getting results to help you do the same.

You will learn powerful and practical ways to enhance your own dōTERRA business. Vanessa Jean and Paul are teaching proven methods that have helped see them get to Presidential Diamond rapidly with a thriving team in place.

Topics include:

- Your "WHY" and your goals
- The success formula: $2 \times 2 \times 2 + 1$
- The secret to growing a million \$ dōTERRA business
- Compensation
- Ranks, Placement & Structuring for Success
- How to invite - invitation methods
- Coaching the host
- Secrets to successful classes, meetings and one-on-ones
- How to set up, run, and close a class
- Enrolling tips
- And much, much more!

Extensive handout notes are included.

When

Sunday 3rd July

10am – 6.30pm

Registrations from 9.30am

Where

Melbourne, Australia - venue details to come

Investment

\$99 per person

Bookings are essential through Eventbrite to secure your place. Places are limited and this will be a sort after event.

Eventbrite

<https://www.eventbrite.com.au/e/melbourne-1-day-business-training-3716-tickets-25946200785>

Ticket sales close Saturday 2nd July at 6pm.

Don't miss this opportunity to learn from Australia's first Presidential Diamonds!

Facebook

<https://www.facebook.com/events/904127309733033/>

Sydney 1-day Business Training 9/7/16

Are you ready to take your dōTERRA business to the next level and beyond?

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

You will learn powerful and practical ways to enhance your own dōTERRA business. Vanessa Jean and Paul are teaching proven methods that have helped see them get to Presidential Diamond rapidly with a thriving team in place.

Topics include:

- Your "WHY" and your goals
- The success formula: 2 x 2 x 2 + 1
- The secret to growing a million \$ dōTERRA business
- Compensation
- Ranks, Placement & Structuring for Success
- How to invite - invitation methods
- Coaching the host
- Secrets to successful classes, meetings and one-on-ones
- How to set up, run, and close a class
- Enrolling tips
- And much, much more!

Extensive handout notes are included.

When

Saturday 9th July 2016 10am – 6.30pm
Registrations from 9.30am

Where

Canada Bay Club
4 William Street
Five Dock, NSW 2046

Investment

\$99 per person

Bookings are essential through Eventbrite to secure your place. Places are limited and this will be a sort after event.

Eventbrite

<https://www.eventbrite.com.au/e/sydney-1-day-business-training-9716-tickets-26003768973>

Ticket sales close 8th July 2016.

Facebook

<https://www.facebook.com/events/145100992573532/>



Bomaderry 1-day Business Training Sunday 10/7/16

Are you ready to take your dōTERRA business to the next level and beyond?

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamond, on this exciting and intensive 1-day business training (Modules 1 & 2), designed by people getting results to help you do the same.

On this updated training you will learn powerful and practical ways to enhance your own dōTERRA business. Vanessa Jean and Paul are teaching proven methods that have helped see them get to Presidential Diamond rapidly with a thriving team in place.

If you have done this training before, consider doing it again! Much has been added and expanded to provide you with all the wisdom and knowledge Vanessa Jean and Paul have to offer.

Topics include:

- Your "WHY" vs. your goals
- The success formula: $2 \times 2 \times 2 + 1$
- The secret to growing a million \$ dōTERRA business
- Intention and posture
- Compensation
- Ranks, Placement & Structuring for Success

- How to invite - invitation methods
- How to mentor for consumer success
- Coaching the host
- Secrets to successful classes, meetings and one-on-ones
- How to set up, run, and close a class
- Enrolling tips
- And much, much more!

Extensive handout notes are included.

When

Sunday 10th July 2016

10am – 6.30pm

Registrations from 9.30am

Where

Bomaderry Bowling Club

154 Meroo Rd,

Bomaderry, NSW 2541

Investment

\$99 per person

Bookings are essential through Eventbrite to secure your place. Ticket sales close 6pm 9th July 2016.

Eventbrite

<https://www.eventbrite.com.au/e/berry-1-day-business-training-10716-tickets-25922112737>

Facebook

<https://www.facebook.com/events/254920801530717/>



Dubbo 1-day Business Training 17/7/16

Are you ready to take your dōTERRA business to the next level and beyond?

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

On this updated training you will learn powerful and practical ways to enhance your own dōTERRA business. Vanessa Jean and Paul are teaching proven methods that have helped see them get to Presidential Diamond rapidly with a thriving team in place.

If you have done this training before, consider doing it again! Much has been added and expanded to provide you with all the wisdom and knowledge Vanessa Jean and Paul have to offer.

Topics include:

- Your "WHY" vs. your goals
- The success formula: $2 \times 2 \times 2 + 1$
- The secret to growing a million \$ dōTERRA business
- Intention and posture
- Compensation
- Ranks, Placement & Structuring for Success
- How to invite - invitation methods
- How to mentor for consumer success
- Coaching the host
- Secrets to successful classes, meetings and one-on-ones
- How to set up, run, and close a class
- Enrolling tips
- And much, much more!

Extensive handout notes are included.

When

Sunday 17th July 2016 9.30am – 6pm

Registrations from 8.45am

Where

Access Training, Riverview Business Park, 3/36 Darling Street, Dubbo NSW

Investment

\$99 per person

\$80 repeat per person

Partners free (one manual per couple)

Bookings are essential through Eventbrite to secure your place. Places are limited and this will be a first come first served event.

Ticket sales close 6pm, 16th July 2016.

Please bring your own paper and pens, your water bottle and snacks and lunch.

For any questions, please contact Tracy at foodalchemy.tracy@outlook.com

Eventbrite

<https://www.eventbrite.com.au/e/dubbo-1-day-business-training-17-july-2016-tickets-25830366321>

Facebook

<https://www.facebook.com/events/1606731639642698/>

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

dōTERRA Specials of the Month

A promotional image for dōTERRA featuring two small bottles of essential oil, 'Cheer' (Uplifting Blend) and 'Motivate' (Encouraging Blend), set against a soft, watercolor-like background of pink, orange, and yellow. To the left of the bottles are two whole oranges and one orange slice. To the right is a sprig of fresh green mint. The text 'Join Us' is written in a large, elegant script on the left, and 'dōTERRA' is in a smaller, sans-serif font on the right.

Sign up as a Wellness Advocate with a 150 PV enrolment order June 16 - July 31, 2016, and receive a FREE 5 mL dōTERRA Motivate™ and a 5 mL dōTERRA Cheer™ with your 150 PV enrolment order.

Terms and conditions can be found here: <https://s3-us-west->

2.amazonaws.com/hybrisproduction/Flyers/Australia-English/june-cheer-motivate-details.pdf

10% off is HD Clear Foaming Face Wash (Local)

SAVE 10% IN JUNE - LOCAL

hd clear™

Foaming Face Wash

HD CLEAR FOAMING FACE WASH CONTAINS PLANT EXTRACTS KNOWN TO IMPROVE THE LOOK AND FEEL OF THE SKIN. MAXIMISING ON THE CLEANSING BENEFITS OF TEA TREE, EUCALYPTUS AND GERANIUM ESSENTIAL OILS, HD CLEAR FOAMING FACEWASH NOURISHES THE SKIN, SOOTHES REDNESS AND PROMOTES A CLEAR, HEALTHY COMPLEXION. IT IS THE PERFECT SOLUTION FOR PROBLEM SKIN OF ALL AGES.





USES

1. Effective cleanser which reduces breakouts and purifies the skin.
2. Apply onto damp face and neck and massage in an upward circular motion.
3. Follow with hd clear Topical Blend and Facial Lotion.

49420004 AUD \$31.00 WHOLESALE \$41.33 RETAIL VALUE 28PV

dōTERRA

Product of the Month for June is Lemongrass

If you placed your 125PV order before 15th June you will get this lovely oil.
Here are a couple of ways to use it in blends.



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