

Inspiration from Food Alchemy with Vanessa Jean

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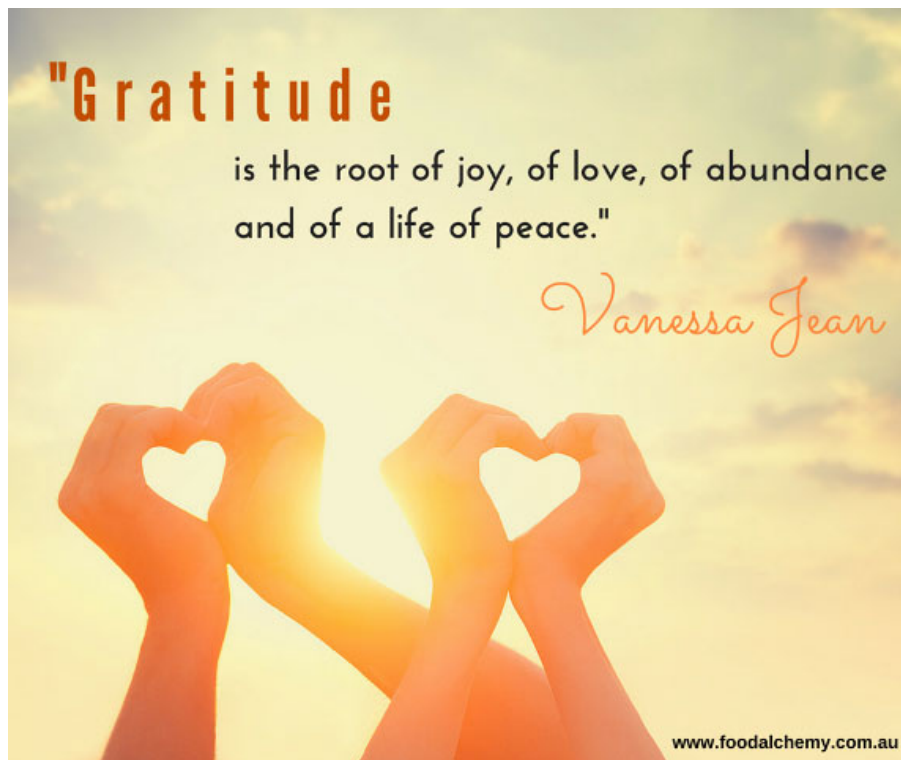
To live a life empowered and living our dreams, our deepest hearts' desires and our passions is truly glorious!

We spent much of July travelling along the East Coast of Australia with our home-schooled daughter, Arielle. For 10 days, Connor joined us on his school term break (Paul's son – my awesome bonus son) in Melbourne and Sydney.



*Connor and
Arielle*

As we travelled, we felt so very blessed for so many reasons, not the least of which is the amount of amazing souls we meet, that become dear friends, and add to our ever growing dōTERRA family!



When I feel so connected to our larger family or tribe, I feel inspired. I feel my creative juices flowing and joy pouring out!

One of my favourite classes to teach is the Art of Blending. I love to inspire others with blends, to remind them to trust their intuition and thus be empowered to create their own synergistic blends.

Allow me to share some beautiful blends with you in this newsletter.

For those of you blessed to have a pure Rose essential oil, you will love this. If you do not have it, replace the Rose with the Console or Whisper Blend, both of which have Rose in them.



Empowerment with essential oils is one step. Another is food. "What you eat – you are." What does this mean?

I look at this statement in its entirety. Food, everything I put in my home, on my body, the people I choose to hang out with and create business with. Passions, dreams, meditation, prayer, contemplation – it's all what we "eat" one way or another. Our skin is our largest organ; our mind can take over in a "negative way" as well as "positive". Our gut is the second brain of the body. Our emotions contribute to the state of our body.

To fully embrace "whole foods" I say look to all areas in your life and look at how you are "feeding" your SELF. Your WHOLE self!

Last month you explored your passions. (If you missed this newsletter, you can catch a copy of this [here](#).) This month we look at ways to empower ourselves. Here are some tips, in no particular order.

Meditate, pray, contemplate in your own unique way every day.

This fills us with hope, which restores our faith and fills us with the heart-felt desire to share our abundance and joy with those we meet.



Nourish yourself at regular intervals throughout the day.

It is super important to eat for fuel and for the joy of eating. Don't wait until you are seeing stars and sugar levels plummet!

Let your food be utterly delicious, nutrient dense, and beautiful to behold.

Winter Bliss Balls



1/2 cup pepitas
1/2 cup sunflower seeds
1 cup desiccated coconut, plus extra for rolling

Blitz until fine in a food processor or Thermomix.

Then add:

1 1/2 tbsp of coconut oil, softened
10 drops Lime essential oil
3 drops Ginger essential oil
3 cups sundried organic apricots
1/4 cup shredded coconut



Blitz all ingredients until they come together.

Roll into small balls and roll in the desiccated coconut.

Set in fridge, serve with joy to warm you this winter!

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Make a large batch and eat them as you need across the day or week. This recipe is nut free and perfect for school lunch boxes.

Grab one of those cups of tea or cacao elixir we mention below and have a piece of this goodness.



A Slab of Goodness

1 cup almonds

1 cup macadamia nuts

Celtic or Himalayan sea salt - generous amounts (1 – 2 tbsp)

Lay all the ingredients on a baking dish and sprinkle with the salt.

Roast on high 200°C for a few minutes. Beware not to burn the precious fats.
Allow to cool.

To a food processor or Thermomix, add the nuts and salt and roughly chop.

Add:

1 cup coconut oil, liquefied

1 cup cacao

1 cup sweetener, i.e. honey, maple syrup

Gently mix through.

Add essential oils: 6 drops Wild Orange, 2 drops Cardamom, and 1 drop
Cinnamon Bark.

Gently combine. Check for taste. Add extra essential oils if required.

Lay the mixture on a lined baking tray (with parchment or baking paper) or dish
and allow to set in the fridge or freezer overnight (or minimum 2-4 hours
depending on your fridge.)



For a savoury treat, make a yummy smoothie using [Terragreens](#) and nut milk with fruit and nuts:

- 1 cup mixed nuts/seeds
- 1 banana/1 cup berries etc. (your choice)
- 1 scoop Terragreens
- 1 tsp hemp oil

Use any nut milk or coconut water and blend.

Add essential oils that you love.

Try any one or combination of:

- Citrus oils
- Protection Blend
- Spices
- Peppermint
- Metabolic Blend
- Lemongrass
- Ginger

I love Lime and Cardamom and you can add 1 drop of Black Pepper and/or a pinch of cayenne.

I use Peppermint more in the hotter seasons as it is so cooling. However, it is great for immune support and clearing nasal passages.

Here is a [Quick Reference Guide for Foodie oils](#). I will be expanding on this in more detail soon.




ESSENTIAL OILS *for* Food

Only use pure essential oils.
I use and recommend dōTERRA essential oils.

Basil	Lavender
Bergamot	Lemon
Black Pepper	Lemongrass
Cardamom	Lime
Cassia	Marjoram
Cilantro	Oregano
Cinnamon Bark	Peppermint
Clove Bud	Rose
Coriander	Rosemary
Cumin	Spearmint
Dill	Tangerine
Fennel	Thyme
Frankincense	Wild Orange
Ginger	Metabolic Blend
Grapefruit	Protective Blend
Juniper Berry	

Tips

- 💧 A little goes a long way - add toothpick by toothpick or drop by drop
- 🌿 Check for taste
- 🍊 Wild Orange, Cinnamon Bark, Clove & Cardamom add natural sweetness (known as false sweeteners)
- ❄️ Freezing food, for example raw chocolate, reduces the essential oil intensity

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Eat fermented foods and whole foods and choose seasonal and organic.

The gut is the 2nd brain of the body – nourish it with real fuel and sustenance.



Homemade Sauerkraut

Ingredients (using white cabbage)

1 medium white cabbage, cored and shredded
1 tbsp caraway seeds
1 tbsp sea salt
4 tbsp water kefir product or whey (if you don't have whey, use an extra tbsp of salt instead)

Ingredients (using red cabbage)

1 medium red cabbage, cored and shredded
1 tbsp fennel seeds
1 tbsp sea salt
4 tbsp water kefir product or whey (if you don't have whey, use an extra tbsp of salt instead)

Method

Mix all ingredients in a large bowl and massage with your hands and your love until they release their juices. This takes a little work and some patience.

Spoon into a mason jar and using your fist, press down until juices come to the top of the cabbage and cover it. Cover tightly and keep at room temperature for about 3 days (or until you see small bubbles) before transferring to the fridge.

Note: use the best quality organic vegetables, sea salt and water. Lactobacilli need plenty of nutrients. Also, make sure you get 1-2 centimetres of juices sitting above the veggies...otherwise mould grows, ruining the whole lot. Sally Fallon in *Nourishing Traditions* says: *"Some lacto-fermented products may get bubbly, particularly the chutneys. This is natural and no cause for concern. And do not be dismayed if little spots of white foam appear at the top of the pickling liquid. They are completely harmless and can be lifted off with a spoon. The occasional batch that goes bad presents no danger – the smell will be so awful that nothing could persuade you to eat it."*

Note: for some veggies, you don't actually pound the mixture and instead a brine is added (salt and water).

Like water kefir this is an anaerobic process, so keep the lid on so it can do its magic. They only get better with time, so do not feel you have to eat them quickly. **Remember a little bit goes a long way.**

As you recolonize the gut with good flora, change occurs.

You may find any or all of these occur:

- Increased energy
- Better sleep
- Stronger immunity
- Better focus / attention
- Mental peace and clarity
- Cravings for sugar and processed food diminish or disappear
- Better oral health and breath
- Healthier bowel actions
- Heightened mood state
- Higher sex drive
- ... to mention a few!

You can see how these changes could positively affect your life and relationships.

PS. I highly recommend [dōTERRA PB Assist](#) and [Terrazymes](#). They are great when travelling too.

If you do not have access to a dōTERRA wholesale account, let me know, I can help you with this.

Read beautiful books with inspirational stories.

This is a joyous way to add to our personal fulfilment and peace and growth.

In July, one of the books I read was [Only in Naples – Lessons in Food and Familia from my Italian Mother in Law, by Katherine Wilson](#).

I loved diffusing Frankincense, Clary Sage and Ylang Ylang while I read it!



I laughed and cried and loved every minute of reading. Being Italian, I could wholeheartedly relate. It inspired me to cook some of our Southern Italian recipes and opened my heart in joy. Try my Caponata recipe below - divine!

Sometimes we are so busy "processing" and "doing life" that we forget to stop and laugh. Reading for me is a delicious way for me to recharge my batteries and celebrate life.

Choose novels, personal development, recipe books, autobiographies etc.

Whatever your choice, let it make you SING!

Here is a typical southern Italian recipe...



Caponata Red Pepper Delight with Essential Oils

Ingredients

2 red onions, thinly sliced
8 tomatoes, diced
6 red capsicums, sliced
1 tbsp tomato paste
1 eggplant, diced
1 zucchini, diced
2 drops Black Pepper pure essential oil
1 drop Oregano pure essential oil
1 drop Basil pure essential oil
Pinch of salt to taste
Good quality olive oil (extra virgin for sprinkling over once it is cooked)
Fresh parsley or basil to garnish

Method

Slice the onion finely, put aside.

Heat a large frying pan; add 1 – 2 tbsp of olive oil. Once it is warm add the onion, do not let the olive oil smoke. Turn up the heat and stir in the onions, adding a pinch of salt. Leave for a few minutes (approximately 5 minutes), then put the lid on the pan and leave to caramelise.

Meanwhile, dice the tomatoes. Once they are cut and the onions have caramelised (they should be looking like they are going a dark golden colour, and somewhat sticking to pan), add the tomatoes. Stir through, put on the lid and leave on medium heat. The tomatoes will release water and prevent the dish from burning. (If you feel you need to, add 1 tbsp of water). Leave for approximately 10 - 20 minutes before adding the tomato paste then the capsicum.

Add tomato paste and stir through.

Add capsicum, eggplant and zucchini to the pan. Put lid back on and leave to cook and soften on medium heat for approximately 40 minutes. Remember the longer you leave this the softer the capsicums, eggplant and zucchini, and the sweeter the dish will be.

Add the oils in the last 10 minutes of cooking.

Garnish with fresh basil or parsley.

Serve with omelette, risotto or any rice dish. Lovely as an accompaniment, in sandwiches/rolls, with eggs and mushrooms and avocado at breakfast or as an anti-pasta dish. Enjoy however you please. We love it as it with some yummy sour dough and as a side to omelettes. You can also serve with quinoa or on pasta.

Take walks and spend time in nature.

As often as you can, be bare foot, take deep breaths. Feel all that you are grateful for and give that back to the Universe and the Earth.



Vanessa Jean's

Walk in Nature

2 drops Douglas Fir

2 drops Invigorating Blend

1 drop Arborvitae

Diffuse, or aromatically dress in
10ml fractionated coconut oil.

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Drink herbal teas and oil elixirs! - Yum, and curl up and read or journal.

Or make a hot cacao drink with a drop of Cardamom and Wild Orange essential oils.

Brew Chamomile flowers and Peppermint essential oil or Cinnamon Bark essential oil – such a restorative blend!

I have just created a brand new section on my website for [teas and drinks](#) to inspire you further! My fabulous Cacao Elixir is of course there too!

Family and Sacred Time.

I did the passion test with our daughter Arielle, and it was eye-opening and inspiring. What a joy to hear her passions and to help her to be conscious of them! She smiled all over her sweet face and proudly read them to her daddy.

The joy of family time and sacred time is that there is no “wrong way”. It just IS.



I hope you have all enjoyed this newsletter. Thank you for all the lovely feedback.

I shall leave you with these blends to close, then you can peruse all the upcoming events. We hope to see you there.

In Joy and Love.

Vanessa Jean



Upcoming Events

For all my events, please go to: <http://www.foodalchemy.com.au/events.html>



Perth Elite Retreat 6/8/16

Join WA's strongest leaders at the **Perth Elite Retreat!**

Be inspired, empowered, and embrace the knowledge to share the oils and take your business to the next level.

This is a day for you! You will be given the knowledge and tools needed to succeed and grow a strong and powerful business.

Be inspired with speakers sharing the Loyalty Rewards Program (LRP), follow up, placements, creating contacts, confidence in the oils, and follow up classes, as well as much much more.

This is an incredible opportunity so pop it into your calendar and make the commitment to take your business to the next level!

To qualify: achieve Elite once before the 31st July 2016.

Please bring a plate of vegetarian food to share for lunch.

Where

Italian Club Fremantle, 65 Marine Terrace, Fremantle

When

Saturday 6th August 2016

9am – 6pm

Investment

\$39 per person - bookings are essential through Eventbrite.

Eventbrite

<https://www.eventbrite.com.au/e/perth-elite-retreat-6816-tickets-26435399993>

Facebook

<https://www.facebook.com/events/1069744023108185/>



Geraldton Retreat

Return home to love as you rest, rejuvenate & re-treat yourself to this deep nurturing, pampering & nourishing retreat.

Experience beautiful plant based food, infused with essential oils and love, partake in soul replenishing acts and heart-warming words and be cocooned in love and gratitude.

Saturday 13th August 2016 10.30am - 3.30pm
In the Chapel at Mid West Funerals
40 Sanford Street, Geraldton

RETREAT 13/8/16
<https://www.eventbrite.com.au/e/geraldton-1-day-retreat-13816-tickets-26460845100>

BUSINESS TRAINING 14/8/16
<https://www.eventbrite.com.au/e/geraldton-1-day-business-training-14816-tickets-26460701671>

www.foodalchemy.com.au

\$39 pp
Or free if you attend the Geraldton Business Training 14/8/16

Retreat Links

Eventbrite Retreat

<https://www.eventbrite.com.au/e/geraldton-1-day-retreat-13816-tickets-26460845100>

Facebook

<https://www.facebook.com/events/1789918004577391/>

Business Training Links

Eventbrite

<https://www.eventbrite.com.au/e/geraldton-1-day-business-training-14816-tickets-26460701671>

Facebook

<https://www.facebook.com/events/1815162285383604/>



Geraldton 1-day Business Training 14/8/16

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

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamonds, 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" vs. your goals
- Their success formula
- The secret to growing a million \$ dōTERRA business
- Intention and posture
- How to invite - invitation methods
- Mentor for consumer success – increasing LRP
- Coaching the host – the key to well attended classes
- 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.

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

When

Sunday 14th August 2016

10am – 6.30pm

Registrations from 9.30am

Where

In the Chapel at Mid West Funerals

40 Sanford Street, Geraldton

Investment

\$79 per person, partners free (one manual per couple)

Bookings are essential through Eventbrite to secure your place.

Ticket sales close 6pm 13th August 2016.

Eventbrite Business Training

<https://www.eventbrite.com.au/e/geraldton-1-day-business-training-14816-tickets-26460701671>

Bonus

When you book for this 1-day training, you receive a bonus place at the Geraldton Retreat on Saturday 13th August 2016 (10.30am – 3.30pm)– saving you \$39! Don't miss this opportunity to be pampered and nurtured, and fed delicious plant based food, infused with essential oils and love!

Facebook Business Training

<https://www.facebook.com/events/1815162285383604/>

Retreat Links**Eventbrite Retreat**

<https://www.eventbrite.com.au/e/geraldton-1-day-retreat-13816-tickets-26460845100>

Facebook Retreat

<https://www.facebook.com/events/1789918004577391/>

**Aromatherapy for Men 17/8/16**

7pm-9pm

92 Terrace Road, Guildford

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.

Facebook

<https://www.facebook.com/events/253680475008393/>

Hollywood Training with Ben and Skye Lee 10 September 2016

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](#).

Vanessa Jean on YouTube!



You might also like to explore my **YouTube channel**:
Food Alchemy with Vanessa Jean

doTERRA Specials of the Month

InTune (Local) is 10% Off

SAVE 10% IN AUGUST - LOCAL

InTune

FOCUS BLEND

essential oil 10 mL Roll On

NO MATTER YOUR AGE, STAYING FOCUSED ON THE TASK AT HAND CAN SOMETIMES BE DIFFICULT. THE CAREFULLY SELECTED ESSENTIAL OILS IN dōTERRA'S INTUNE FOCUS BLEND ARE TRADITIONALLY KNOWN FOR THEIR ABILITIES TO PROMOTE A SENSE OF CALMNESS AND FOCUS. THE PLEASING AROMA OF INTUNE MAKES THIS ESSENTIAL OIL BLEND EASY AND PLEASANT TO USE.



USES

1. Apply to the temples and back of neck when doing tasks that require concentration.
2. Apply to wrists or back of hands and inhale deeply to promote a sense of clarity.
3. Dispense InTune onto a clay pendant and place on a desk or in other key areas.

41840004 WHOLESALE AUD \$43.00 AFTER DISCOUNT AUD \$38.70 39.00PV

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Product of the Month for August is 5ml DigestZen

- DigestZen is great to have in the car during travel
- Have DigestZen on hand when enjoying heavy holiday meals to promote digestion
- Add to water or tea to maintain a healthy gastrointestinal tract
- Use with fractionated coconut oil for a soothing abdominal massage

For more information on this blend, please go to <http://doterra.com/US/en/p/digestzen-oil>



August is a 200PV Month

dōTERRA
On Guard
200PV
PROMOTION

Earn a FREE 15 mL On Guard, Beadlets and Drops (Retail Value AUD \$108.34) by placing ANY single 200PV order from August 1 through August 31, 2016 (Mountain District Time). Limit four per account, per household.

dōTERRA On Guard 200PV PROMOTION

EARN A FREE 15 ML ON GUARD, BEADLETS AND DROPS (RETAIL VALUE AUD \$108.34) BY PLACING ANY SINGLE 200PV ORDER FROM AUGUST 1 THROUGH AUGUST 31, 2016 (MOUNTAIN DISTRICT TIME). LIMIT FOUR PER ACCOUNT, PER HOUSEHOLD.

RULES & TERMS

- All orders must be placed and processed before August 31, at 11:59 pm MT to receive the free products.
- Orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Orders placed outside the qualifying time period (August 1 through August 31, 2016) do not count toward the promotion.
- PV is not equal to the cost of an order. Before completing an order, the individual ordering must verify that the order is at least 200PV.
- A single 200PV 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 200PV orders.
- Retail, Wholesale, and Preferred Members can qualify for the promotion by ensuring their order is at least 200PV.
- Any orders or items returned that result in the order falling below the 200PV requirement will have to return the free On Guard oil, beadlets and drops, or the product will be charged on the members account.

If you feel you have qualified for the promotion and did not receive the products, please call into member services at (02)-8015 5080, or send a short email to our Promotions Team by emailing promotions@doterra.com no later than September 15, 2016. Exceptions will not be made after this date.



New Australian Releases

ESSENTIAL SKIN CARE IS BACK
REFORMULATED

<p>ESSENTIAL SERUM SKIN CARE COLLECTION</p> <p>dōTERRA's Essential Serum lightens and smoothes skin with natural extracts and scientifically proven ingredients for firmer, younger looking skin.</p> <p>RETAIL \$91.66 WHOLESALE \$68.75 PV 35.50</p>	<p>FACIAL CLEANSER SKIN CARE COLLECTION</p> <p>dōTERRA's facial cleanser gently washes away impurities, and leaves your skin feeling clean, fresh, smooth and protected from environmental elements.</p> <p>RETAIL \$44.00 WHOLESALE \$33.00 PV 15.00</p>	<p>INVIGORATING SCRUB SKIN CARE COLLECTION</p> <p>dōTERRA's Invigorating Scrub combines essential oils to exfoliate and rejuvenate your skin, whilst providing an aromatic and unique experience.</p> <p>RETAIL \$32.66 WHOLESALE \$24.50 PV 12.50</p>	<p>PORE REDUCING TONER SKIN CARE COLLECTION</p> <p>dōTERRA's Pore Reducing Toner visibly reduces the appearance of pores and promotes the appearance of hydrated, healthy skin.</p> <p>RETAIL \$32.00 WHOLESALE \$24.00 PV 12.50</p>
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NEW PRODUCTS HAVE ARRIVED

<p>HAWAIIAN SANDALWOOD 5 mL ESSENTIAL OIL</p> <p>Hawaiian Sandalwood promotes healthy-looking, smooth skin whilst reducing the appearance of skin imperfections and blemishes.</p> <p>RETAIL \$146.66 WHOLESALE \$110.00 PV 57.00</p>	<p>EASY AIR CLEAR DROPS 30 LOZENGES</p> <p>dōTERRA's Easy Air Clear Drops are a delicious combination of essential oils which help maintain clear airways and provide respiratory support.</p> <p>RETAIL \$28.68 WHOLESALE \$21.50 PV 8.50</p>
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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