

Inspiration from Food Alchemy with Vanessa Jean

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Children, our precious Earth Angels, are a most wonderful gift. Some of us have opted to have our own, others have chosen instead to love those in our lives. Whatever your choice, this newsletter will give you great ideas whether you have little ones in your life or not.

This September issue will focus on seasonal allergies and threats that come with each new season. We shall also explore some delicious recipes to nourish you and essential oil blends to make the heart sing, in massage, aromatic dressing and self care. Finally, there will be some great ideas for children and school holidays.

In Joy and Love

Vanessa Jean

September heralds new pollens with the beautiful blossoming of flowers and new grasses.

For those that suffer, try the simple combination of **Lavender, Lemon & Peppermint**.



You can also take a shot glass of spring water with one drop of each. Hold it in your mouth allowing them to touch the thin membranes of the mouth, then gently swallow them down.

You can drink **Peppermint** and **Lemon** in your water jug/bottle (only glass or stainless steel) and drink throughout the day.

Elixirs/teas with any of the 3 oils mentioned, or DigestZen, Lemon and Fennel.

Doing a steam inhalation with **Eucalyptus**, **Douglas Fir** or **White Fir**.

Diffuse:

- **Peppermint**, **Easy Air Blend** and **Rosemary**
- **White Fir**, **Eucalyptus** and **Peppermint**



Aromatically dress in any of the above diffuser combinations or the Lemon, Lavender and Peppermint.

Roller bottle with 10ml FCO and 2 drops each of Lavender, Lemon and Peppermint (only 1 drop of each for children). Roll the roller over the bridge of the nose (taking care not to get in your eyes), behind the ears and on the back of the neck and over the throat and chest.

Easy Air Vapour Stick – this is a brilliant support during times when the body is suffering seasonal allergies or the immune system is compromised.

<https://doterra.com/US/en/p/doterra-breathe-vapor-stick>

The **Easy Air Blend** is also fabulous for emotional support and to dissolve anxious feelings and fear based thought patterns. When we hold ourselves in this space, we are contracted. Both the Easy Air Blend and the vapour stick takes us into an expanded space.

Also try the **Easy Air Respiratory Drops** for easy breathing and decongesting.

<https://doterra.com/US/en/p/doterra-breathe-respiratory-drops>

Some beautiful uplifting light foods to support you in this time:

Spearmint Fudge Balls

Ingredients

20 medjool dates
1/3 cup desiccated coconut
1 tbsp coconut oil
¼ cup raw cacao powder
5 drops Spearmint essential oil

Method

Process until combined – they will be nice and sticky.

Gather roughly in your fingers and set as rough fudge bites.

Peppermint Raw Chocolate

<http://www.foodalchemy.com.au/raw-chocolate.html>

Make a green smoothie with **Terragreens** and **Spearmint** or **Peppermint**..

Massage for Self Care and Love

Using the essential oils in a carrier oil/s with a lot of slip is beneficial for massage. Try combining your fractionated coconut oil (FCO) with sweet almond – a beautiful massage oil. Combine with essential oils to suit that person's or your own needs.

All of these blends can be used for massage, purefume, or aromatic dressing, or as a diffuser blend without the carrier oil.





Try this blend with 2 drops Ylang Ylang, 2 drops Hawaiian Sandalwood and 1 drop Wild Orange. Divine!







Vanessa Jean's
Muscle Ease Blend

- 1 drop Eucalyptus
- 2 drops Marjoram
- 2 drops Frankincense
- 2 drops Cedarwood
- 3 drops Lavender

Add to 20ml carrier oil and aromatically dress.
Great for growing pains and sore spots.

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Vanessa Jean's

Sacred Feminine Blend

- Myrrh Essential Oil
- Rose Essential Oil

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There is nothing like touch to soothe the soul, to quieten a fast beating heart or to quell fear. Touch stimulates growth in children, reminds them and adults too of how loved they are and opens the heart to wonder and joy.

When massaging babies, use a gentle carrier oil like FCO and sweet almond with 1-2 drops of essential oils (for babies, only one drop in 10ml).

Use gentle oils like **Cedarwood, Roman Chamomile, Lavender, Hawaiian Sandalwood, Grounding Blend and Frankincense** for little ones. Massage their feet and gently work your way up the body towards the heart. When massaging the belly or abdomen, do so clock wise – in the direction of the organs.

A recent study found touch to be beneficial for newborn babies (no surprises!).

<http://www.9news.com.au/national/2016/09/04/21/10/parents-touch-makes-a-difference-in-premature-babies-health>

Aside from the many gifts of love touch brings, when combining essential oils to carrier oil, you create powerful aromatic anchors.

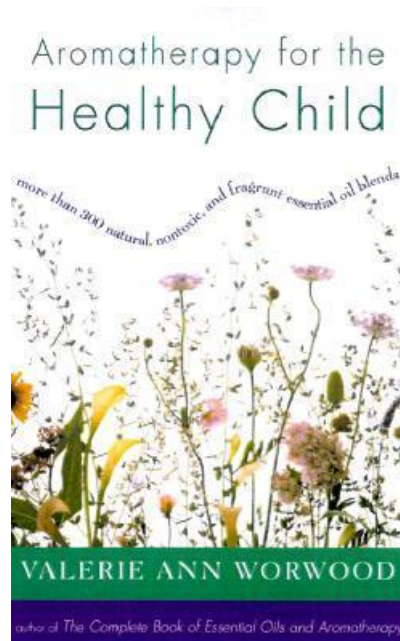
Essentially, the oils you use on your child will remind them of the gentle and loving connection you both have, of the joys, the giggles, the warmth, and the safety. If you wanted, you could use the same oils at night so they create an association with sleep with the smell of the chosen oils.

Aromatic anchors work powerfully for adults as well. As you massage each other, or yourself, using aromatic dressing <https://www.youtube.com/watch?v=FYXfkyDFyWU&list=PLpKEMNliwSiHNIBvwDqpN22D54rF5Yz8h&index=2> you too can create a powerful association with aromatherapy.

These anchors can assist with transition, i.e. moving house, going to school, new jobs etc. to help them be smoother and more peaceful.

I love telling Arielle a story or guiding her on a meditation or singing a song during massage. She loves it and gets herself ready for massage with little feet waiting happily.

Sometimes we do it in silence, focusing on the breath, chanting or sounding out tones such as, "ahhhhh" or "aummmm" on the out breath, both are powerful and soothing, helping them and us to release the day and return to the heart and the moment.



I've just started reading this book. I love the work of Valerie Ann Worwood. And I highly recommend Book Depository to source your books. Great service, and free postage to Australia. Here is the [link](#).



Salsa Verde with fritters & roast vegetables

Salsa Verde

- 1 handful of basil leaves
- 1 tbsp pine nuts, plus extra for garnish
- 1 tbsp hemp seeds
- 1 head roast garlic
- 2-3 tsp extra virgin olive oil
- 2-3 tbsp organic plain or Greek style yoghurt

Add all to a food processor except the yoghurt and roast garlic and process until fine. Then scrape down the sides adding the remaining ingredients.

Check for taste. Add salt/pepper (optional).

Serve with pine nuts on top for garnish (and/or hemp seeds).

Serving Suggestion

Roasted sweet potato, carrots and potatoes and a big green salad with pomegranate seeds.

Fritters

- 2 small potatoes
- 1 onion
- 1 shallot
- 1 zucchini
- 1 corn cob
- 1 egg
- 1/2 cup spelt flour
- 2 drops Basil essential oil
- 1 tsp Herbamare or salt, or to taste

In a food processor, blitz potatoes, zucchini and onion, scrape down the sides.

Add remaining ingredients, combine on medium speed - I like corn kernels to be present.

Fry in a fry pan in your chosen fat, strain on plates lined with brown paper bags or a paper towel.

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Cabbage & Vegetable Medley

2 cups cabbage, finely sliced
1 red onion, finely diced
1 brown onion, finely diced
1 zucchini, sliced
1 red capsicum, sliced
2 tbsp extra virgin olive oil
Celtic sea salt to taste
½ tsp curry powder
1 tsp cumin powder
Butter

Sauté onion in olive oil for 2-3 minutes.

Add cabbage and cook on high heat to caramelise.

Add salt to taste, curry powder, cumin powder, zucchini and capsicum.
Continue to caramelise on high heat.

Reduce heat to medium after 5 minutes and continue to cook until vegetables are tender.

Add butter.

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*Serve as a side dish with rice or quinoa,
or as a lovely healthy,
warming breakfast.*





Hazelnut Coconut Biscotti

100g desiccated coconut
100g hazelnuts (ground to a meal - 5 seconds, speed 8 in a Thermomix)
110g condensed coconut milk

Heat oven to 160 C.

Add all ingredients to a food processor or Thermomix and blend gently, speed 3 for 5 seconds. Scrape down sides and blend for a further 3 seconds (or until combined). The mixture should be wet and sticky.

Line a baking tray with baking/parchment paper. Add dollops of mixture to the baking tray, gently pushing one hazelnut per biscotti (see picture above.) Bake until golden – approximately 26 minutes. Makes approximately 12 biscotti.

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Perfect and easy to do with kids or to whip up for last minute gatherings and functions!

Holiday Fun

The school holidays are approaching. Here are some ideas to keep the kids entertained.

PLAY DOUGH

School
holiday
fun!





RECIPE

2 cups flour
1 cup Celtic or Himalayan salt
1 cup spring or filtered water

Add 3 - 6 drops pure essential oil*
(smell as you go, Peppermint is very strong so 2 - 3 drops is ample).

Knead with your hands and love
(and often lots of giggles) until combined.

*I only use organic ingredients, non toxic food colours, or make my own using vegetables and berries, and I only use Certified Pure Therapeutic Grade pure essential oils (see my website for what I use and recommend). They are safe to ingest and safe for children and adults.

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• Restoring • Calming • Regenerative

This is fabulous for play time in the shade, on a rug outside or quiet, reflective inside time, and for rainy wet days or times when you would like to help bring your children back to their centre and regenerate after much busyness.

Making play dough together with children is fun or you can surprise them by bringing only one or two colours out at a time. I recommend using only natural or plant colourings; this makes it toxic free and safe if wee little ones pop it into their mouths.

We love matching colours with essential oils and blends to support us:

Orange - Wild Orange or Joyful Blend (Citrus Bliss) or combine either with Frankincense (joyful, uplifting and peaceful)
Yellow - Lemon or Grapefruit (focus, clarity)
Green - Lime or Frankincense or combine both (creativity, soothing)
Purple - Lavender or Calming Blend (Lavender Peace) (peaceful, restorative)
Blue - Peppermint (awakening, clearing)

Essential oils can help to calm the energy, encourage some focus time and help to release any pent up emotions. You don't need any fancy tools ... their hands and treasures from the garden are enough. They can use sticks to cut and shape; shells, pebbles, leaves and flowers etc to decorate ... it is so much fun! Playing with play dough is also a gift in enjoying being in one's own company. It allows for introspection and can become meditation like - a beautiful tool for children to come back to in childhood and into adulthood - taking a moment to return to joy and the breath. Creating something with our hands inspires much.

The essential oils weave their way into the home and those using it.

• • • www.foodalchemy.com.au • • •

dōTERRA Blog has some great kids activities. The images below shows you a document of blog articles we have compiled. If you go to our [website](#), each picture within the graphic will take you directly to the blog article for more information.

Crafty Kids - for Happy Holidays

Are you looking for some creative ways to keep your kids happy during the school holidays? Check out these craft ideas, compiled from dōTERRA Blog. Click on each picture to go to the article. Happy crafting!



For full instructions visit <http://doterra.com/US/en/blog-products>
Compiled by foodalchemy.com.au

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Compiled by foodalchemy.com.au

Upcoming Events

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

One day Powerhouse Training with Presidential Diamonds



8th october 2016
10am - 4pm
One-day Powerhouse Training
 HBF Stadium
 100 Stephenson Street, Mount Claremont
www.foodalchemy.com.au



*** OPEN TO ALL TEAMS ***

Join Presidential Diamonds Kelly King Anderson and Vanessa Jean and Paul Ovens on this day of powerhouse training!

Topics include:

- 6 weeks to a new rank
- How to find a rockstar
- Inspiring action and love for business success
- Stepping out of your comfort zone with courage and tenacity
- Be comfortable not "knowing everything" and still rocking it!
- The power of samples, follow up and inspiring others to join your tree
- Helping people to identify that this is a "real business"
- Getting the menfolk involved – it is possible!
- Learn the power of real connections, with meaning and purpose
- Effective and successful placements
- Your role in supporting your tree

Where

HBF Stadium
 100 Stephenson Ave
 Mount Claremont WA 6010

When

Saturday 8th October 2016
 10am – 4pm

Investment

\$30.56 per person - please purchase your ticket through Ticketmaster.

Ticketmaster

<http://www.ticketmaster.com.au/powerhouse-training-with-kelly-king-anderson-mt-claremont-western-australia-08-10-2016/event/13005128E47C76DB>

Facebook<https://www.facebook.com/events/1737563043127773/>**Queensland 1-day Business Training (Part 1) 16/10/16******* OPEN TO ALL TEAMS *****

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.

While this is part 1 of our intensive training program, it is also a stand-alone 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.

Topics include:

- Your "WHY" and your goals
- The success formula
- 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 16th October 2016

10am – 6.30pm

Registrations from 9.30am

Where

North Lakes Resort Golf Club

Masters & Classic Rooms

1 Bridgeport Drive

North Lakes QLD

Investment

\$99 per person. Bookings are essential through Eventbrite to secure your place. Places are limited and this will be a sort after event.

Ticket sales close Saturday 15th October 2016 at 6pm.

<https://www.eventbrite.com.au/e/queensland-1-day-business-training-part-1-161016-tickets-27532798341>

Facebook

<https://www.facebook.com/events/653788994781810/>



Sydney 1-day Business Training (Part 2) 22/10/16

*** OPEN TO ALL TEAMS ***

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.

While this is considered part 2 of our intensive training program, it is also a stand-alone training, so if you have not done part 1, you can still do part 2 with great success.

Topics include:

- Converting Casual Product Users to Loyalty Rewards Program (LRP) = Monthly Rewards
- Anchoring Products
- The Power of Volume
- Choosing and Developing Your Niche Market
- Attracting and Inspiring Leaders to Enrol, Share and Build
- Creating Great Sharers
- Converting Active Sharers to Builders and Leaders
- Mentoring
- Ease vs. Stress
- Organic Progression and Ranking
- Inspiring Yourself and Your Leaders to Achieve Your Dreams
- Tips for Living, Sharing & Building dōTERRA as a Lifestyle & Income Source
- Stepping Up – Running a Real Business
- Balance vs. Depth
- A Balance of Heart, Service & Business

And much, much more!

Extensive handout notes are included.

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

When

Saturday 22nd October 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. Ticket sales close 6pm 21st October 2016.

<https://www.eventbrite.com.au/e/sydney-1-day-business-training-221016-tickets-27532063142>

Facebook

<https://www.facebook.com/events/1269494519737143/>



Bomaderry 1-day Business Training (Part 2) 23/10/16

*** OPEN TO ALL TEAMS ***

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.

While this is considered part 2 of our intensive training program, it is also a stand-alone training, so if you have not done part 1, you can still do part 2 with great success.

Topics include:

- Converting Casual Product Users to Loyalty Rewards Program (LRP) = Monthly Rewards
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- Attracting and Inspiring Leaders to Enrol, Share and Build
- Creating Great Sharers
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- Mentoring
- Ease vs. Stress
- Organic Progression and Ranking
- Inspiring Yourself and Your Leaders to Achieve Your Dreams
- Tips for Living, Sharing & Building dōTERRA as a Lifestyle & Income Source
- Stepping Up – Running a Real Business
- Balance vs. Depth

- A Balance of Heart, Service & Business

And much, much more!

Extensive handout notes are included.

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

When

Sunday 23rd October 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 22nd October 2016.

<https://www.eventbrite.com.au/e/bomaderry-1-day-business-training-231016-tickets-27531825431>

Facebook

<https://www.facebook.com/events/1154661844595725/>

Post Convention Tour Dates 2016

Make sure you book your free ticket for this event.

**POST CONVENTION TOUR**

DATE	CITY	VENUE
MONDAY 31 OCTOBER	BRISBANE	BRISBANE CONVENTION CENTRE Cnr Merivale & Glenelg Streets, South Bank Brisbane.
TUESDAY 1 NOVEMBER	ADELAIDE	THE ADELAIDE PAVILLION Cnr South Terrace & Peacock Road, Adelaide.
WEDNESDAY 2 NOVEMBER	PERTH	PERTH CONVENTION & EXHIBITION CENTRE 21 Mounts Bay Road, Perth.
THURSDAY 3 NOVEMBER	SYDNEY	CANADA BAY CLUB 4 William Street, Five Dock NSW.
FRIDAY 4 NOVEMBER	AUCKLAND	ELLERSLIE EVENT CENTRE 80 Ascot Avenue, Remuera, New Zealand.
MONDAY 7 NOVEMBER	MELBOURNE	THE MANNINGHAM 1 Thompsons Road, Bulleen.

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!



YouTube channel:
Food Alchemy with Vanessa Jean

doTERRA Specials of the Month

10% off Local is Zendocrine

SAVE 10% IN SEPTEMBER - AU

Zendocrine

RESTART BLEND

essential oil 15 mL

AS OUR DETOXIFICATION BLEND, ZENDOCRINE ESSENTIAL OIL IS BEST KNOWN FOR SUPPORTING THE BODY'S NATURAL ABILITY TO RID ITSELF OF UNWANTED SUBSTANCES. COMPRISED OF ROSEMARY, CILANTRO, GERANIUM AND JUNIPER BERRY, ZENDOCRINE ESSENTIAL OIL BENEFITS THE SKIN, AS WELL AS THE INTERNAL ORGANS.



USES

1. Add 1-2 drops to citrus drinks, tea or water.
2. Take one drop daily, internally.
3. Use to kick start an internal cleansing routine.

41840004 WHOLESALE AUD \$42.50 27.50 PV
AFTER DISCOUNT AUD \$38.25 24.75 PV



doTERRA

I love a drop of this in my water or massaged over my belly (clockwise direction) or after a night of over-indulgence.

Product of the Month is Tea Tree Touch



Tea Tree is also known as Melaleuca.

This is pre-diluted in fractionated coconut oil for easy application. Sensational for children and adults.

200PV On Guard Promotion Extended until 15 September 16

dōTERRA®
On Guard 200PV
PROMOTION
NOW EXTENDED

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

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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[Oils](#)
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