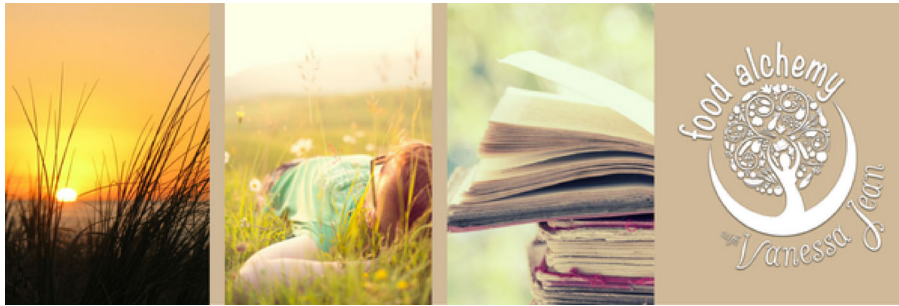


Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Hello <<First Name>>

Welcome to 2017! We at Food Alchemy are so looking forward to exploring this year with you. We will continue to bring you deliciousness and joy in many forms to inspire, delight and educate you throughout this year.

We finished off 2016 with a photo shoot with the incredibly talented photographer [Nikki Downes](#). We are honoured to be part of an incredible Aussie contingent in the upcoming March 2017 *Essential Leadership* magazine.



Many people start 2017 with new year's resolutions.

I like to use the beginning of the year to create powerful intentions for the coming year. It is beautiful to ponder a word that reflects your essence or what you would like to harness or place your intention upon for the coming year.

The world I have chosen is **mindfulness**. This is something I feel will serve me and all the souls I touch on a day-to-day level.

It reminds me so beautifully to be present, to every moment, and every breath. It takes me on a journey into myself where I am reminded to believe in me. To awaken to the glory of every moment, the majesty of every being and the gift in every challenge.

Namaste.

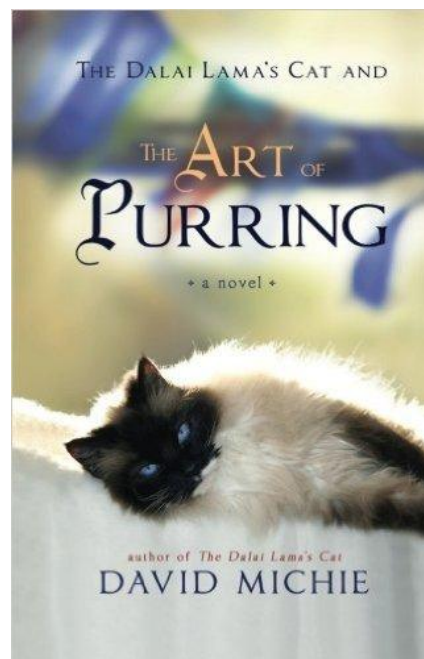
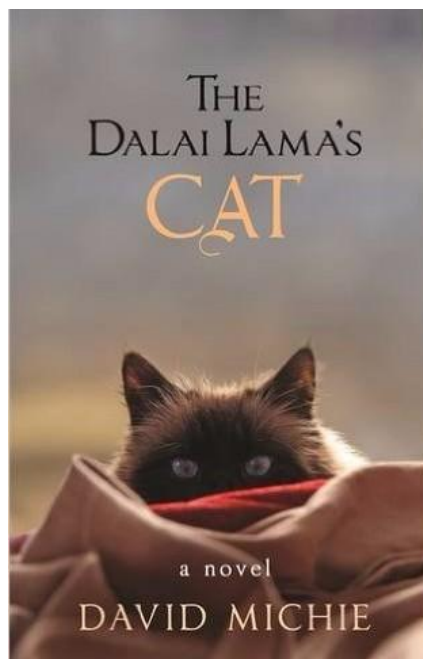


Self-love, Aromatherapy and Mindfulness



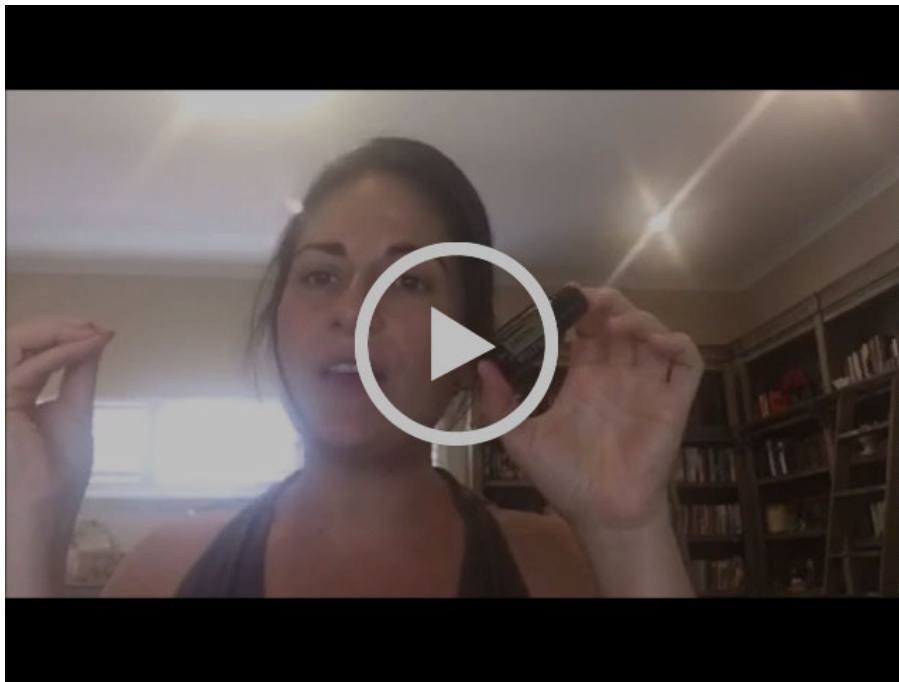


I highly recommend the following books:



I am looking forward to reading the third and final instalment - [The Dalai Lama's Cat and the Power of Meow](#)

I did a recent Facebook Live event reflecting on our emotions and the concept of completion, and you can view it here.



Emotions and Completion

I like to start the new year with a cleanse and restore. A full cleanse will be a little difficult due to travel commitments, however I really recommend this practice to everyone.

For those wanting to do a cleanse, John Croft and Noel Blanchard, doTERRA Diamonds, have a talk on the importance of gut health:

12th January 2017, 7pm [Cleanse & Restore Your Gut Health](#)

Another beautiful technique I recommend is the AromaTouch Technique. This technique is wonderful to receive, and also to give to a beloved, or to gift to another. You can learn this technique on **14th January 2017** - [AromaTouch Certification Training](#)

In Joy and Love

Vanessa Jean & family

Recipes

Summer in Australia is all about keeping cool. Here are some recipes that are not only delicious, but cooling and just perfect to beat the summer heat.

Chocolate Icecream (Vegan)



This recipe is great for children and adults alike.

Equipment

Food processor

Ingredients

1 cup raw cacao powder
1/2 cup raw carob powder (optional)
8 tbsp coconut or agave nectar or maple syrup
2 medjool dates, soaked
4 cups spring water
1 cup soaked cashew nuts (soak 2-4 hours until soft)
Optional: cacao nibs for a choc-chip version

Method

Drain off the water from the soaked cashew nuts and rinse.

Blend cashew nuts with water until very fine to create a cashew milk.

Add in remaining ingredients and blend well.

Pour into a freezable container with a lid and freeze. Alternatively, add the cacao nibs here and stir in then freeze for choc-chip ice cream.

This can be eaten immediately as a divine chocolate mousse, or freeze to make an ice cream. Enjoy!

Beetroot, Carrot & Apple Delight Salad



I love this salad...it is a riot of bright colour and heart-warming bliss.

Ingredients

2 beets (beetroot)
1 carrot
1 apple
1 tbsp olive or hemp oil
Lots of fresh mint (approximately 1 cup)
2 drops Lime pure essential oil
2 drops Bergamot pure essential oil
Mint leaves to garnish

Method

You can grate it all or blitz in your food processor then put it into a bowl and feast on the bounty!

This is a great side dish to accompany any meal of the day or as a standalone dish. I love this with the lentil and sweet potato dip and sour dough bread... yummy! If you eat eggs, you could serve with an omelette or any kind of eggs or tempeh...truly delicious.

Pure Fruit Ice Blocks



There is no need to turn to sugar laden commercial "fruit" ice blocks, when they are so easy, and fun, to make yourself.

The recipe is very simple, and can be adapted to any fruit you have available. Just make sure your fruit is fully ripe and of the best quality you can afford. Get the kids involved in this - they can taylor make their own flavours!

Ingredients

Watermelon/berries/banana/mango - the choice is completely up to you!

1 - 3 drops Lemon essential oil or to taste

Other essential oils to consider: Wild Orange, Tangerine, Lime

Method

Blitz fruit in a Thermomix or food processor until a puree.

Stir in the essential oil of your choice. Taste, you might like to add more essential oils.

Pour into ice block moulds, add a popsicle stick and freeze. And then for the hard part - waiting!

Other additions to this are coconut water with the fruit, or for a more creamy version, add coconut milk or coconut cream. You could add whole fruit pieces after the initial blend to create more texture. Imagine mango and banana together with coconut milk - yum!!!!

Raw Slaw



I did not grow up with coleslaw; it is just not the European way. In my foodie journeys over the years I have discovered just how much I love raw cabbage, be it fermented or left as it I love it. The texture and flavour offers much crunch and love to any dish! So here is a simple, beautiful raw slaw. Play with it, adapt it and enjoy it! You can have this with the veggie balls from the lunch section. This is a large batch as it will keep, otherwise reduce it down to suit you.

Ingredients

½ purple cabbage
½ green cabbage
2 carrots
2 spring onions, finely chopped
Optional: 2 green apples, diced

Dressing

2 tbsp apple cider vinegar
¼ cup extra virgin olive oil
1 tbsp raw jarrah honey
1 tbsp hemp seeds (optional, but delicious and highly nutritious)
½ tsp fennel seeds
Touch of Celtic sea salt to taste

Method

Finely shred the vegetables and add to a bowl with the onions and apples (if using). Dress with the dressing, check and adjust for taste and enjoy this summery salad any meal time!

Upcoming Events

Please visit the [Events](#) page for all current events.

Silver and Above Retreat 15/3/17



Open to Silver and above on any team \$39 pp

Silver & Above Advanced Training

Wednesday 15th March 2017

1 - 6pm
Gold Coast Convention and Exhibition Centre, 2684 - 2690 Gold Coast Hwy, Broadbeach QLD

It's time to clear your path to your next rank in dōTERRA!

Join us for a day dedicated to Silver and above leaders where you will be given rank specific strategies, skills and tools to break through personal and business barriers.

Top U.S. and Australian leaders will be your guides, teachers and mentors. The know-how they have acquired will be passed on to you from those that have been where you are going.

Let's turn your sticking point into your tipping point!

Contact Tracy Stoves at foodalchemy.tracy@outlook.com to request a link to purchase your ticket.

www.foodalchemy.com.au

Silvers and Above - if you have not already registered for this event, please contact Tracy directly at foodalchemy.tracy@outlook.com to receive your personal invitation to this event.

Join us for a day dedicated to Silver and above leaders where you will be given rank specific strategies, skills and tools to break through personal and business barriers.

Top U.S. and Australian leaders will be your guides, teachers and mentors. The know-how they have acquired will be passed on to you from those that have been where you are going.

Let's turn your sticking point into your tipping point!

Date

Wednesday 15th March 2017

Time

1 – 6pm

Address

Gold Coast Convention and Exhibition Centre
2684 -2690 Gold Coast Highway
Broadbeach, QLD 4218

Investment

\$39 per person

Eventbrite tickets on sale until 14 March 2017 unless sold out prior.

Eventbrite

If you are ranked Silver and above and wish to attend this event, please email Tracy at foodalchemy.tracy@outlook.com with your email address, rank and

Diamond upline and an Eventbrite invitation will be sent to you.

Facebook

<https://www.facebook.com/events/582346348633465/>

2017 Australia Convention

Gold Coast

Thursday 16th March - Saturday 18th March 2017.

Ticket Sales for the 2017 Convention are now open. Simply follow the link to find out more and register: ticketsaunz.doterra.com



OneTree 19/3/17



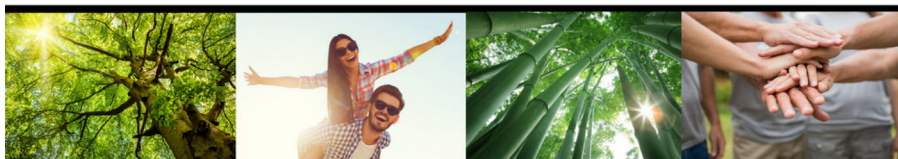
Come join U.S. and Australian dōTERRA dynamos for a high-powered, fun-filled day of inspiration and entertainment, including in-depth learning and paradigm shifting!

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

With up to 3,000 people expected to attend Convention 2017, this event will sell out fast!

<https://www.eventbrite.com.au/e/one-tree-business-training-19-march-2017-tickets-28072094390>

Just
\$49 per
person



Come join U.S. and Australian dōTERRA dynamos for a high-powered, fun-filled day of inspiration and entertainment, including in-depth learning and paradigm shifting!

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

With up to 3,000 people expected to attend Convention 2017, this event will sell out fast!

Date

Sunday 19th March 2017

Time

10am – 6.00pm

Address

Gold Coast Convention and Exhibition Centre
2684 -2690 Gold Coast Highway
Broadbeach, QLD 4218

Investment

\$49 per person

All bookings must be through Eventbrite and tickets will be on sale until 18th March 2017 unless sold out prior.

Eventbrite

<https://www.eventbrite.com.au/e/one-tree-business-training-19-march-2017-tickets-28072094390>

Facebook

<https://www.facebook.com/events/1106320749445106/>

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.**

In summary, here are some incredible events being held on the Gold Coast:

dōTERRA QLD Events March 2017

Rebecca Hintze: Emotions Mentor Course (Monday 13 - Tuesday 14 March 2017 10am-7pm)

http://events.r20.constantcontact.com/register/event;jsessionid=BDE1BA72FEC0D8FA87FE38B50BE3C70B.worker_registrant?llr=poyhxobab&oeidk=a07edgw8tnw855a940a

Facebook: <https://www.facebook.com/events/332820077087510/>

Sue Lawton: Secrets of Essential Oil Usage (Wednesday 15 March 2017 9am-12 noon)

http://events.r20.constantcontact.com/register/event;jsessionid=CA6C0410C9624CDBE3897EC66484502D.worker_registrant?llr=qla5e6iab&oeidk=a07edl1xr4c9c96043b

Silver & Above Training - rank specific training (Wednesday 15 March 2017 1-6pm)

Email Tracy Stoves at foodalchemy.tracy@outlook.com if you are Silver & Above for an invite.

Facebook: <https://www.facebook.com/events/582346348633465/>

dōTERRA Australian Convention (Thursday 16-Saturday 18 March 2017)

<https://ticketsaunz.doterra.com/event/doTerra-AustNZ-Conference>

One Tree Training - open to all ranks (Sunday 19 March 2017 10am-6pm)

<https://www.eventbrite.com.au/e/one-tree-business-training-19-march-2017-tickets-28072094390>

Facebook: <https://www.facebook.com/events/1106320749445106/>



Vanessa Jean on YouTube!



YouTube channel:

Food Alchemy with Vanessa Jean

Don't forget to subscribe to keep up-to-date with all the latest. We are regularly adding to our YouTube channel.

doTERRA Specials of the Month

200PV Frankincense Promotion Extended till 15 January 2017

doTERRA's special opportunity to obtain a free Frankincense has been extended until 15th January 2017. Be sure to place your 200PV order before this date to take up this generous offer.



'Tis the Season

EARN A FREE FRANKINCENSE

EARN A FREE FRANKINCENSE (AUD \$114.13 RETAIL VALUE) BY PLACING ANY SINGLE 200PV AUSTRALIAN ORDER FROM JANUARY 1ST - 15TH, 2017.

FRANKINCENSE

Frankincense has extraordinary benefits. It's soothing and beautifying properties are used to rejuvenate skin and reduce the appearance of scars and stretch marks. As the king of oils, Frankincense can be consumed daily for internal benefits. Frankincense induces feelings of peace and relaxation.

PRIMARY USES:

- Can help promote youthful, radiant-looking skin and slow the signs of aging by reducing the appearance of skin imperfections.
- Can be applied to the bottoms of feet to help relax.
- Dry weather can take a toll on your nails. Try applying a drop of Frankincense to strengthen weak fingernails.

RULES & TERMS:

- Orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Orders placed outside the qualifying time period (January 1 to January 15, 2017) do not count toward the promotion.
- All orders must be placed and processed before January 15, 2017, at 11:59 pm Utah Time to receive the free product.
- PV is not equal to the cost of an order. Before completing an order, the individual must verify that the order is 200 PV.
- A single order can only qualify for one promotional item. If your order is 400 PV+, it must be placed as two separate single 200 PV orders to qualify for more than one promotional item.
- Any orders or items returned that result in the order going below the 200 PV requirement will have to return the free bottle of Frankincense or you will be charged for the product.
- Retail, Wholesale, and Preferred Members can qualify for the promotion by ensuring their order is at least 200PV.
- Limit of 4 per member.

If you feel you have qualified for the promotion but did not receive the products, contact the promotions team at australia@doterra.com no later than February 15, 2017. Exceptions will not be made after this date.

30070004 AUD \$114.13 RETAIL VALUE 77.50PV

dōTERRA

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Doan's Page - 2017-1-15

10% Off Local is Smart & Sassy

SAVE 10% IN JANUARY - AU

Smart & Sassy®

essential oil 15 mL

SMART & SASSY® IS JUST WHAT YOU NEED TO HELP YOU KICK START THE NEW YEAR THE RIGHT WAY! THIS UNIQUE COMBINATION OF GRAPEFRUIT, LEMON, PEPPERMINT, GINGER AND CINNAMON PROMOTES HEALTHY METABOLISM AND HELPS TO MANAGE HUNGER CRAVINGS. WHEN COMBINED WITH EXERCISE AND HEALTHY EATING, SMART & SASSY® ESSENTIAL OIL CAN BE AN EFFECTIVE ADDITION TO ANY WEIGHT MANAGEMENT PLAN.



USES

1. Add to water or tea and drink before a work out session.
2. Consume before meals to help control appetite.

31370004 WHOLESALE AUD \$30.50 27.50 PV
AFTER DISCOUNT AUD \$27.45 24.75 PV

doTERRA

Vanessa Jean's

Joy & a Warm Hug

4 drops Ginger
6 drops Metabolic Blend
10 drops Wild Orange

Diffuse in large open space. Feel your heart lift in joy and the warm embrace this blend offers.
"I embrace the day with joy"

www.foodalchemy.com.au

Product of the Month is Lemongrass



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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