

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

Spring has sprung!

Well, at least here in Australia :) We naturally want to lighten, brighten and whiten after the darker and colder days of winter.

I love this time of year. My father-in-law has magical green thumbs and my organic garden is thriving. Bees and butterflies make their music to help soothe our souls. You can hear the earth humming with new life and vibrancy.

This newsletter is all about the spring clean. Both externally - our homes, and internally - our temple.

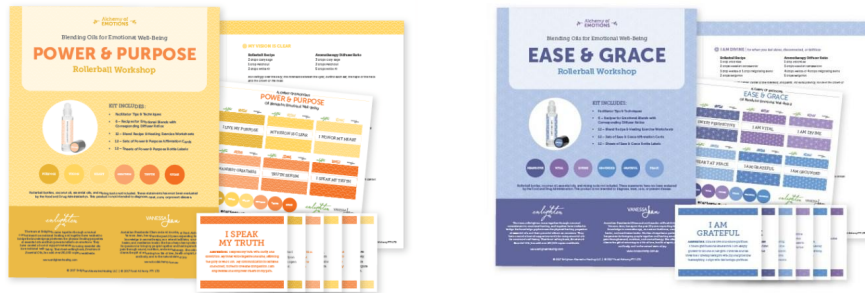
I've compiled a series of doTERRA blog articles on spring cleaning recipes, as well as adding some of my favourite blends for cleaning.

Then we shall turn to internal cleansing, and I've included some lovely detox juices to nourish you. I talked about the subject of gut health in my [December 2016 newsletter](#), so check that out for my Green Goddess fermented vegetable recipe. Fermented products are vital for internal health. I really notice it if I haven't had enough, especially when I have been travelling - which is often at the moment!

It's a long newsletter, with lots of information, so I hope you have a chance to dive deep into this topic.

My UK tour keeps expanding, and there will be new events added after this newsletter has gone out, so if you have friends in the UK, Scotland and Ireland, please check on my [events](#) page to see my tour dates.

And finally, stock has arrived in Australia of my newly co-created Roller Ball kits (with Amanda Porter - Enlighten Healing). You can purchase these through the [Enlighten Healing website](#) and the order will be sent from Perth, Australia for all Australians.



In Joy and Love

Vanessa Jean & Paul Ovens



Getting the Most out of the Spring Season



All Purpose Spray



Wood Polish



10 Ways to Spring Clean with Lemon Essential Oil



Make Over Your Cleaning Routine



I love this space clearing blend!





Detoxification and Cleansing

dōTERRA **CLEANSE & RESTORE**

PB Assist®+	DigestZen TerraZyme®	Zendocrine® Detoxification Complex	GX Assist® & PB Assist®+
Take daily to support the gastrointestinal system.	Take with meals to aid in the digestion of food.	Take quarterly to promote liver and kidney health.	Take quarterly to promote gastrointestinal health.
For regular probiotic support, take 1 capsule of PB Assist®+ on a daily basis.	DigestZen TerraZyme® can be taken daily with meals. For a more hearty meal with more fat, take up to 3 capsules. For lighter meals, such as fresh foods, you may only need 1 capsule.	Take 2 Zendocrine® Detoxification Complex capsules daily (AM & PM) for one month straight every 3 to 4 months.	<p>Step 1: Consume 3 capsules/day of GX Assist® for 10 days</p> <p>Step 2: Then, consume 3 capsules/day of PB Assist®+ for 5 days</p> <p>Step 3: Finish the remaining days of the month with 1 capsule/day of PB Assist®+</p>



Blog article:

[Body Cleanse Makeover](#)

doTERRA EMPOWERED LIFE SERIES

Cellular Vitality and Energy

Have you checked out the the monthly series of videos, on a variety of subjects, called the "Empowered Life Series"? In November 2016, Dr Hill, Dr Park, Laura Jacobs and Justin Harrison came together to talk about Cellular Vitality and Energy.

Dr Hill: Frankincense

Dr. Parker: Cellular Vitality

Laura Jacobs: Frankincense and Myrrh

Justin Harrison: doTERRA Lifelong Vitality Pack

Register [here](#) for the October series on "Immune & Respiratory Health". Dr. Hill will also be giving a special presentation on Copaiba essential oil to help answer some frequently asked questions.

Laura Jacobs Webinar - Healthy from the Inside

This is a long video folks - 1 hour (Laura talks, then it moves to other things), but well worth watching. Laura is such a treat to listen to, and so knowledgeable.



Laura Jacobs - Healthy from the Inside Out.



Detox Juice (2 people)

Ingredients

- 1 beetroot
- 4 carrots
- 1 lemon
- 1 cup parsley
- 3 garlic cloves
- 1 knob ginger
- 6 rainbow chard leaves
- 4 cos lettuce leaves
- 8 - 10 kale leaves

Method

Beginning with beets then carrots, garlic and ginger; put in a juicer or food processor and process until liquid - then enjoy!

**Cleanser Smoothie****Ingredients**

6 cos lettuce leaves
2 kale leaves
1 cup mint
½ cup parsley
1 tsp spirulina powder
1 tsp chlorella
Approximately 2 cups pure water
1 cm ginger
1 cm turmeric
1 stick celery
1 lemon - juice and zest if organic
1 lime - juice and zest if organic

Method

Drink immediately and throughout the day for snacks as your body detoxifies of sugars and processed foods. As you clear of Candida/ thrush you can add green apple and ruby red or normal grapefruit.



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

Vanessa Jean in Milan, the UK and Ireland

Milan Super Saturday 14 October 2017

Bookings through [Eventbrite](#).

UK Events

Natural Wellness with Essential Oils

Proudly presented by Vanessa Jean Boscarello Ovens, Laura Exton and Tanya Maidment.



ONE DAY RETREAT

Saturday 21st October 2017

On this beautiful retreat you will return home to love as you rest, rejuvenate & re-treat yourself to deep nurturing, pampering & nourishment. This will be a day of love, bliss & joy.




WHERE: Sound Training Centre, Bull's Quarries Road, Tytherington, Frome, BA11 5BW

TIMINGS: 10.00-17.00, Saturday 21st October 2017

COST: £59 early-bird & bring a friend for £49.
Full price from 1st October £79 - Includes lunch.

OILS & EMOTIONS MASTERCLASS The Huntsman, 1 Terrace Walk, North Parade, Bath, BA1 1LY	Thurs 19th Oct Includes lunch	10.30 - 12.30	£15
CREATING FINANCIAL FREEDOM & ABUNDANT HEALTH The Huntsman, 1 Terrace Walk, North Parade, Bath, BA1 1LY	Thurs 19th Oct	12.30 - 14.00	FREE
CREATING FINANCIAL FREEDOM & ABUNDANT HEALTH Widbrook Grange Hotel, Trowbridge Road, Bradford on Avon, BA15 1UH	Thurs 19th Oct	19.30 - 21.30	FREE
DANCE SOUND & AROMA Steiner School, Park Road, Frome, BA11 1EU	Friday 20th Oct	20.00 - 22.00	£10
INTRO TO OILS MASTERCLASS Sound Training Centre, Bull's Quarries Road, Tytherington, Frome, BA11 5BW	Sun 22nd Oct	10.30 - 12.30	£10
CREATING FINANCIAL FREEDOM & ABUNDANT HEALTH Sound Training Centre, Bull's Quarries Road, Tytherington, Frome, BA11 5BW	Sun 22nd Oct	13.30 - 15.30	FREE
AWAKENING THE GODDESS WITHIN The Goddess Hall, 29 Benedict St, Glastonbury BA6 9NB	Tues 24th Oct	19.00 - 21.00	£10
HOW TO ROCK WITH ESSENTIAL OILS The Isle of Avalon Foundation, 2-4 High Street, Glastonbury, Somerset, BA6 9DU	Wed 25th Oct	19.00 - 21.00	FREE
SPIRITUAL MASTERCLASS Chalice Well, 85-89 Chilkwell St, Glastonbury BA6 8DD	Thurs 26th Oct	10.30 - 12.30	£10

For further information - facebook.com/greenlifeorganics/events

Early bird and discounts for 2 offers available - trybooking.co.uk/CNY

Booking referral code :

Bookings for these events can be made through [TryBooking](#).

Please use the code VJ.

Deep Sleep, Restoration & Vitality 18/10/17 - Bradford on Avon



Bradford on Avon ~ Happy & Healthy Meetup Group

This is a group for anyone interested in creating a healthier, happier and more sustainable lifestyle. We hold regular workshops and lifestyle events that focus on wellbeing and happiness.

AUTUMN 2017

<p>UNDERSTANDING PERSONALITY TYPES</p> <p>26th September - 10am-12pm - The Swan Hotel</p> <p>How would it feel to be able to quickly assess and understand personality types? To know why members of your family, partner, friends, colleagues or clients react in a certain way to things? Join us to improve communication in your personal and business life!</p> <p>Presented by: Catherine McGuire</p>	<p>DEEP SLEEP, RESTORATION AND VITALITY</p> <p>18th October - 10am-12pm - The Swan Hotel</p> <p>Join us on a journey to discover some powerful tools for supporting our moods, promoting deep sleep and restoration. We will explore effective ways to align your circadian rhythms for deeper sleep and more vitality upon waking... that lasts throughout the day.</p> <p>Presented by: Vanessa Jean Boscarello Ovens</p>	<p>CHAKRAS AND ESSENTIAL OILS</p> <p>9th November - 10am-12pm - The Swan Hotel</p> <p>This talk will discuss the principles of the chakra system, the physiological and psychological correspondences of each chakra and how to balance the energy flow through them for optimal health using a simple guided meditation and a combination of essential oils.</p> <p>Presented by: Ottavia Mazzoni</p>
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To join our group or to book visit: <https://www.meetup.com/bradford-on-Avon-healthy-happy-meetup/>
For further information please contact Tanya on 07557337363 or tanya@greenlifeorganics.co.uk

Rising Tide - doTERRA Business Day - Northampton 27/10/17

Where: Park Inn by Radisson Northampton, Silver Street, Northampton NN1 2TA, United Kingdom

Top leaders in the UK & Ireland will come together to teach you how to sponsor, build a team, increase your income and improve your lifestyle through your doTERRA business. Joining us are special guests, US Double Presidential Diamond, Hayley Hobson & Australia Presidential Diamond, Vanessa Jean Boscarello Ovens.

[Tickets](#)

Wellness Day - Northampton 28/10/17

Hosted by Lisa Rooney, Sales Manager, with Special Guests, Lisa Burke, Europe General Manager for the Atlantic & Mediterranean, Hayley Hobson and Vanessa Jean Boscarello Ovens. Embrace the oils and learn how they are used for health, relaxation and wellness. An educational day for all Wellness Advocates, Wholesale Customers and Guests!

A healthy buffet lunch is included with your ticket! Registration begins at 9am.

[Tickets](#)

London Business Training 4 November 2017 (SOLD OUT)



Where: Harper Downie, 3rd Floor, 77 Bastwick Street, London EC1V 3PZ

Date: Saturday 4th November 2017

Time: 9.30am – 6pm

Investment £29 – includes lunch

[Tickets](#)

[Facebook Event](#)

London Retreat 5 November 2017

Retreat

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**With Vanessa Jean, Food Alchemy &
Karen Miller, Conscious Cravings**

Sunday November 5th 2017, 10am - 4pm
RevaYoga, 2c Andrews Road, Hackney, London
£49 - includes lunch
Bookings essential through Eventbrite.

On this beautiful retreat, you will return home to love as you rest, rejuvenate and re-treat yourself to deep nurturing, pampering and nourishment.

You will be immersed in Sacred Sound Journeys and meditation, and indulging in delicious vegetarian cuisine.

This will be a day of love, bliss and joy.

Please dress in loose comfortable clothing for gentle movement.

www.foodalchemy.com.au

Places limited

Proudly brought to you by Vanessa Jean - Food Alchemy and Karen Miller - Conscious Cravings

Date: Sunday 5th November 2017

Time: 10am – 4pm

Where: RevaYoga, 2c Andrews Road, Hackney, London

Investment: £49 – includes lunch

Bookings essential through Eventbrite to secure your place in this delightful retreat. Places limited to maintain intimate numbers for this special day.

[Tickets](#)

[Facebook Event](#)

Scotland and Ireland Events

Inverness, Scotland 7/11/17

Details being finalised.

Belfast, Ireland 14/11/17

Details being finalised.

Emotions Masterclass with Vanessa Jean and Amanda Porter - 7 March 2018



*** Open to all ranks on all teams ***

Date: Wednesday 7 March 2018

Time: 9am – 11am. Registration from 8.15am

Address: Cockle Bay Room, ICC Sydney, 14 Darling Drive, Sydney NSW 2000

Investment: \$10 per person

[Ticket Link](#)

[Facebook Event](#)

Silver and Above Training 7 March 2018

*** For those ranked Silver and above on any team ***

Date: Wednesday 7 March 2018

Time: 12-5pm

Where: Cockle Bay Room, ICC Sydney, 14 Darling Drive, Sydney

[Tickets](#)

[Facebook](#)

8 March 2018: doTERRA Corporate event - Diamond Day

doTERRA Convention Sydney 2018

[Tickets are now available for purchase.](#)



One Tree Training 11 March 2018

***** Open to any rank on any team *****

Date: Sunday 11th March 2018

Time: 9am - 4.30pm

Where: ICC Sydney, Darling Harbour Theatre, 14 Darling Drive, Sydney

[Tickets](#)

[Facebook](#)

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**.

October Specials

10% off Local = 5ml Peace (Reassuring Blend)

SAVE 10% IN OCTOBER - AU/NZ

Peace™ 5mL
reassuring blend

dōTERRA PEACE
REASSURING BLEND IS OUR
GO-TO WHEN WE NEED TO
SLOW DOWN, TAKE A DEEP
BREATH AND RECONNECT
WITH THE COMPOSED
VERSION OF OURSELVES.
APPLYING JUST ONE DROP TO
YOUR HANDS AND INHALING
DEEPLY CAN PROMOTE
FEELINGS OF CONTENTMENT
AND RELAXATION, WHILST
EASING ANXIOUS AND
FEARFUL EMOTIONS.



BENEFITS

1. Promotes feelings of peace, reassurance, and contentment
2. Counteracts anxious and fearful emotions

31710004	WHOLESALE AUD \$48.50	31.50 PV
	AFTER DISCOUNT AUD \$43.65	28.35 PV

dōTERRA

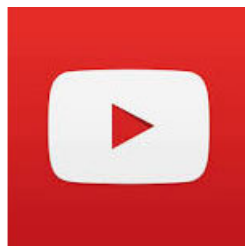
Product of the Month = 10ml Peppermint Touch



- Rub on temples when studying or when waking for a refreshing morning boost.
- Massage oil onto back of neck for a cooling sensation and to relieve feelings of tension.
- Use with Lavender and Frankincense for a soothing massage.
- Apply before attending outdoor events.

This is a great one to have on hand as the weather warms up here in Australia!

Food Alchemy 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.

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

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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