

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

We spent the month of January travelling with our children to the United States. They had never seen snow! It was a glorious time of connection with family, and this is the theme of this newsletter.



In Joy and Love

Vanessa Jean & family



February is the month we associate with Valentine's Day – the time of connection to our loved ones.

I would like to extend this concept of connection further to include not only our connection with those we love, but our connection to ourselves, either physically, to our inner child, or to our higher self, or our connection to the wider world.

Now, more than ever in this era of divisive politics, connection is more important. When we feel connected on every level, our world feels balanced and we can face life's challenges with grace, strength and hope.

Connection to Self

Connection to our physical being can be a challenge if we don't spend time in nature, are using too many electrical appliances (especially the computer or phones), or spending a lot of time in our heads, thinking, thinking, but not physically doing or being present.

Patchouli comes to mind here. This oil allows us to appreciate the magnificence of our physical body, releasing judgement and tension from negative body shaming that is so prevalent in our "must be perfect" society. She helps us to embrace the fullness of who we are, look at each spectrum of ourselves. We are as multifaceted and glorious as a diamond. So why is it that we accept flaws in diamonds and other precious gems and not in ourselves? When we allow patchouli into our lives, we give ourselves permission to be grounded and to honour all facets of our diverse being-ness and physical presence in the world.

I love to combine Patchouli with Ylang Ylang and Lavender in a carrier oil (fractionated coconut oil being my favourite, as it feels like liquid silk and is readily absorbed).

Patchouli reminds me that I am enough, I have always been, and will always be. Ylang Ylang connects me with my love that I have for my sweet, inner

child. She allows me to connect with that wee little girl and tell her unabashedly how much I love her, cherish her and adore her. How perfect she is and how valued and loveable she is. As I massage these two oils onto me with the addition of Lavender I am immediately cocooned in bliss. They radiate comfort, warmth and a sense of 'home coming'. Lavender, being the duvet of the aromatherapy kingdom, wraps me in her love and the fullness of who I am is made visible. She allows me to express my truth, gently and peacefully to the world.

Fennel is another oil that can help with physical connection. It guides us to be responsible for our own self, for positively nourishing ourselves by listening to our body's natural signals and instincts. We generally think of using fennel for digestive disturbances; it can be also be used far more extensively than that. Delicious in a glass of water, Fennel encourages us to live with integrity. A naturally warming essential oil, this one will help break down the barriers we create to 'protect ourselves' from life. Instead he gently whispers the song of trust and union into our hearts. In so doing, we no longer buy into the illusion that we need 'protection' around us from life... here we live again with love and joy, radiating the warmth that is Fennel. Keep in mind that such a powerful 'digestive aid' will help you to digest life and to embrace this new way of being! So use him liberally. Try combining a drop of Fennel with 2 drops of Lemon essential oil in your water!

Vetiver, oh, delicious Vetiver! Not only incredible to support sleep, this dark liquid gold oil supports us in grounding ourselves on our Earthly home. If you tend to disconnect or "run-away" when feeling despondent or stressed, Vetiver helps us to ground and connect with any underlying emotional issue that may be driving the emotional pain. Vetiver is especially good to place on the big toe, which in reflexology, represents the head. The soothing nature of Vetiver can help with anxious feelings and sleep. As I have said before, combining him with the Reassuring Blend is beautiful for sleep time both in the diffuser and as an aromatic dressing. It is also a useful combination to help dissolve anxious feelings, fear and contraction to help us more deeply connect to self and to god/universe/source.

When I have not connected with my inner being, my inner strength and magnificence, **Melissa** reminds me to shine my light, that I am light, to rejoice in the joy of living my greatness. It is such a powerful oil to guide me to reclaim this light. A drop under the tongue (powerful so be prepared) can help to restore and return us to our natural state. This applies for mental, emotional and physical discordance so it is a great one to support our immune system, sleep and meditation.

And the great news - Melissa and Roman Chamomile are once again available for purchase in Australia!



Inner Child Connection

Our Inner Child reminds us that life is joyful!

Our Inner Child is spontaneous, grateful, joyful and all about fun. What better oil than **Wild Orange** to bring out the Inner Child in us. I call this "Joy bubbles in a bottle" for a very good reason. Wild Orange demands we step out of seriousness and into spontaneity, away from dull, into exciting. We finally give ourselves permission to leave despondency, feeling discouraged and listless behind and enter into the realm of feeling excited and playful. Wild Orange in food is called a "false sweetener" (like Cassia, Cinnamon Bark, and Cardamom to mention a few), because it adds sweetness to foods without the need to add sugar. It adds sweetness into our lives and hearts as well.

Wild Orange essential oil marries so well with many of the other oils. Like Frankincense which can boost the potency of any combination, I feel Wild Orange ramps up the joy factor in any blend you create! Try combining him with Ylang Ylang and Hawaiian Sandalwood – this is my Unconditional Love blend – which I have been using now for a very long time.

Let us go deeper into this blend and **Ylang Ylang** with our focus on love this month.

Ylang Ylang is a powerful heart remedy, encouraging us to return to love and so return to wholeness, joy and a playfulness with life. She supports a deepening of connection to source when combined with Hawaiian Sandalwood and our intuition, connecting with past emotional trauma to help us release and effectively dissolve that which no longer serves us. People often ask me why Hawaiian Sandalwood? All I can say is he sings to me, he reaches me more deeply than any other sandalwood. He comes from Hawaii and connects us to the potency of the spirit, wisdom and medicine of the land. The combination of these three oils is naturally aphrodisiacal in nature, thus assisting us in deeper and more loving connection with our beloved and life.



Invigorating Blend, or the Oil of Creativity, also helps with connection to our Inner Child, with our desire, and need, to express and bring our passions into this world, to express without fear of failure or ridicule. You have heard me talk about how much my passion is to help you connect with your passions. When we connect with our passions, we are truly able to express our authenticity, our strengths, our wisdom, and our love. I believe there is no higher calling that we can have in our life than to live a life of passion, inspiring others with our light. I love combining this citrus melody with Frankincense. A drop of each in the palm of my hands and I inhale three times....and then more magic... I rub them over my clothes and hair...get ready for bliss!

Connection to our Higher Self

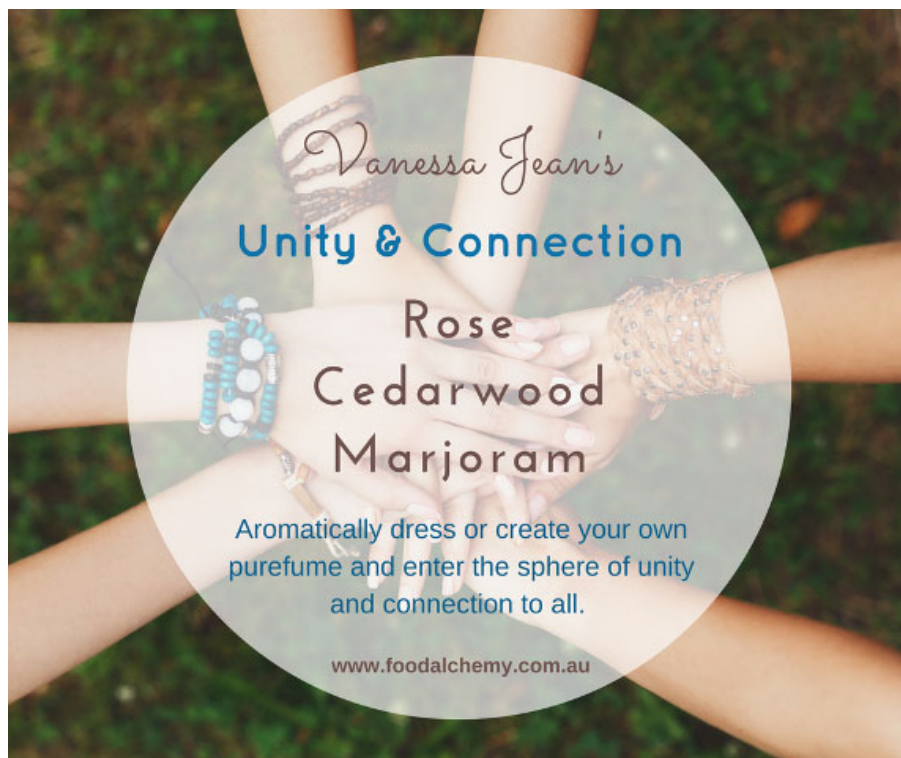
Meditation, in whatever form it takes for you, whether that be a serious practice of sitting down for a designated time, or a walking meditation in nature, has many purposes. One of the most important is it allows us time to still our mind, to disconnect from our mind chatter, and connect to our higher self. We have the answers to all our fears within us, but these answers can't be heard over the day-to-day life chatter that sings so loud in our ears. We have some beautiful oils that can assist us to find this connection to our higher self; **Clary Sage, Myrrh, Roman Chamomile, Sandalwood, Frankincense and Salubelle**. For those that have them, Rose and Jasmine are powerful for this deeper union also, connecting us to the sacred heart within us and to all that is and all that ever shall be.

The father energy of Frankincense is our connection to the heavens and the wisdom we can draw from it. He takes us on a journey and when combined with Myrrh, his sacred wife and the representation of the sacred mother or crone energy, they help us to heal and unify in an empowered state, the energy of the divine feminine and the divine masculine.



Connection to Community

To maintain divine connection, community connection, family connection and loving connection try this magical blend:



Recipes

Mint Cacao Bliss Balls with Choc Chips

The lovely taste of the mint is refreshing and energising in these little treats. They are filled with superfoods and make a perfect addition to any lunch box or

outing. They will keep in the fridge and sustain and nourish you. If there are nut allergies, replace with a higher dose of seeds. This is a superfood boost all wrapped in a little ball!

Ingredients

10 medjool dates
 4 dried figs
 ¼ cup cacao powder
 ½ cup cacao nibs
 1 tbsp maca powder
 ½ tbsp spirulina powder
 1 tsp chlorella powder
 3 - 6 drops Peppermint pure essential oil (to taste)
 1 tbsp bee pollen (take out if vegan)
 1 tbsp hemp seeds + extra for rolling balls into
 1 cup almonds, soaked
 ½ cup walnuts
 ½ cup Brazil nuts
 ½ cup pepitas
 1 tbsp sesame seeds
 1 tbsp coconut oil, liquefied

Method

Process all nuts and seeds (except hemp seeds) on high speed until well combined, then add the hemp seeds and gently mix through until combined.

Roll the mixture into small balls then roll into the extra hems seeds.

Place in a Pyrex container, set in the fridge and enjoy as and when you need!

Double Layer Ice Cream Dream

With the hot summer about to show his force it is lovely to have something like this as a treat to cool one down and nourish one with sweetness and creaminess without needing any dairy. This is light and creamy and will keep you going for some time. Make it as a slab then cut into slices or cubes. This will make it easier to pull out the amount you want to eat so you do not defrost the entire amount for one piece. Keep this stored in the freezer, it will defrost quickly.

Note that you can do the fruit layer using any seasonal fruit.

Ingredients - Fruit Layer

1 ripe banana, or a frozen banana
 1 small punnet fresh strawberries
 2 nectarines or peaches (white are extra lovely here)
 ½ cup macadamia nuts, soaked
 3 tbsp coconut oil
 2 tbsp raw honey, maple syrup, coconut syrup, yacon or agave if vegan
 Juice from 1 orange
 2 drops Wild Orange essential oil (food grade)
 2 tsp lucuma powder
 1 tsp vanilla extract

1 vanilla bean scraped down or ½ tsp vanilla powder
Pinch of Celtic sea salt

Ingredients - Coconut Cream Layer

1 cup cashews, soaked overnight
½ cup coconut cream
1 tsp vanilla extract
½ tsp vanilla powder
3 tbsp coconut oil
2 tbsp raw jarrah honey
3 tbsp spring water or left over date soaking water

Method - Fruit Layer

You will need a slice tin and some parchment or baking paper or coconut oil to line the bottom and sides with. I use coconut oil.

Place all ingredients into the food processor or blender and combine until smooth and creamy (make sure there are no lumps).

Pour onto the base of your slice tin and place into the freezer for an hour or two until it has become slightly firm – this helps there to be differentiation between the layers. Once set, you can create the coconut cream layer.

Method - Coconut Cream Layer

Place all ingredients into the food processor or blender and blend until smooth, adding more water if you need to smooth it out. Pour evenly over the fruit layer.

Cover the slice with baking paper or parchment paper and allow to set in the freezer overnight. Once it is set, cut into slices or cubes and remember to keep this stored in the freezer.

Lentil and Sweet Potato Dip

The balance of sweet and astringent here is perfect! I love this dip, and the joy is you can use your left over roasted veggies for this!

Ingredients

1 cup cooked brown lentils (or if using a tin, rinse well and use one cup)
1 cup roasted sweet potato
6 cloves garlic, roasted
1 small brown onion, roasted
1 tbsp spring water
½ lemon, juiced (about ¼ cup)

Method

Blitz all ingredients in the food processor until smooth and combined.

This is beautiful any time of the day for breakfast, lunch brunch or dinner!

Upcoming Events

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

Melbourne February 2017



Are you tired of the status quo?
Are you searching for a vocation with more social impact and greater joy?

SUCCESS

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

When

Part 1 Saturday 11th February 2017 (9.00am – 5.30pm)
Learn how to share effectively and get people interested in the essential oils

Part 2: Sunday 19th February 2017 (9.00am – 5.30pm)
Learn how to lead and build effectively

Where
CERES Van Raay Centre, Cnr Roberts and Stewart Streets
Brunswick East Vic 3057

Topics include:

- Your Why – a deeper purpose
- Unlocking the Why for you and your team
- Critical success factors – The secret 7 in depth
- Removing blocks on limiting beliefs
- "Connection Marketing" – a new paradigm in network marketing
- How to broaden your reach
 - * More classes
 - * More contacts
 - * More yes's
- Inspirational classes
- A sure path to LRP
- **Inspire, Delight, Educate – a successful business with heart**

Investment is \$79 for Part 1 or Part 2 or \$149 for both.
Book in quickly to secure your place.
Includes extensive handouts

For queries, please contact Tracy at foodalchemy.tracy@outlook.com
Book through Eventbrite
<https://www.eventbrite.com.au/e/doterra-melbourne-business-training-11217-part-1-and-19217-part-2-tickets-31695370707>

Bookings are essential through Eventbrite:

<https://www.eventbrite.com.au/e/doterra-melbourne-business-training-11217-part-1-and-19217-part-2-tickets-31695370707>

Facebook

<https://www.facebook.com/events/1239831866105407/>

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!

<https://www.eventbrite.com.au/e/silver-and-above-advanced-training-tickets-28067079390>

www.foodalchemy.com.au

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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

<https://www.eventbrite.com.au/e/silver-and-above-advanced-training-tickets-28067079390>

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/>

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/>



Perth June 2017



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**.

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

10% Off Local is Bergamot

SAVE 10% IN FEBRUARY - AU

Bergamot

essential oil 15 mL

THE MOST DELICATE OF THE CITRUS PLANTS, BERGAMOT HAS LONG BEEN USED TO REDUCE FEELINGS OF STRESS. IT'S UPLIFTING AND CALMING EFFECT OFTEN MAKES IT THE OIL OF CHOICE FOR A RELAXING MASSAGE OR DURING STRESSFUL TIMES. BERGAMOT ESSENTIAL OIL IS OFTEN ADDED TO ONE'S DAILY SKIN CARE REGIME DUE TO IT'S PURIFYING AND SOOTHING PROPERTIES.



USES

1. Inhale deeply to experience it's calming aroma.
2. Add to DIY skin care cleanser for purifying skin benefits.
3. Add to Earl Grey Tea for a hit of citrus.

30790004 WHOLESALE AUD \$41.00 29.00 PV
AFTER DISCOUNT AUD \$36.90 26.10 PV

doTERRA

Bergamot Apples

Cut apples into desired pieces.
Soak in water, with 1
drop of Bergamot essential oil
for each apple used, for at least
half an hour. Drain. Why not drink
the drained water!

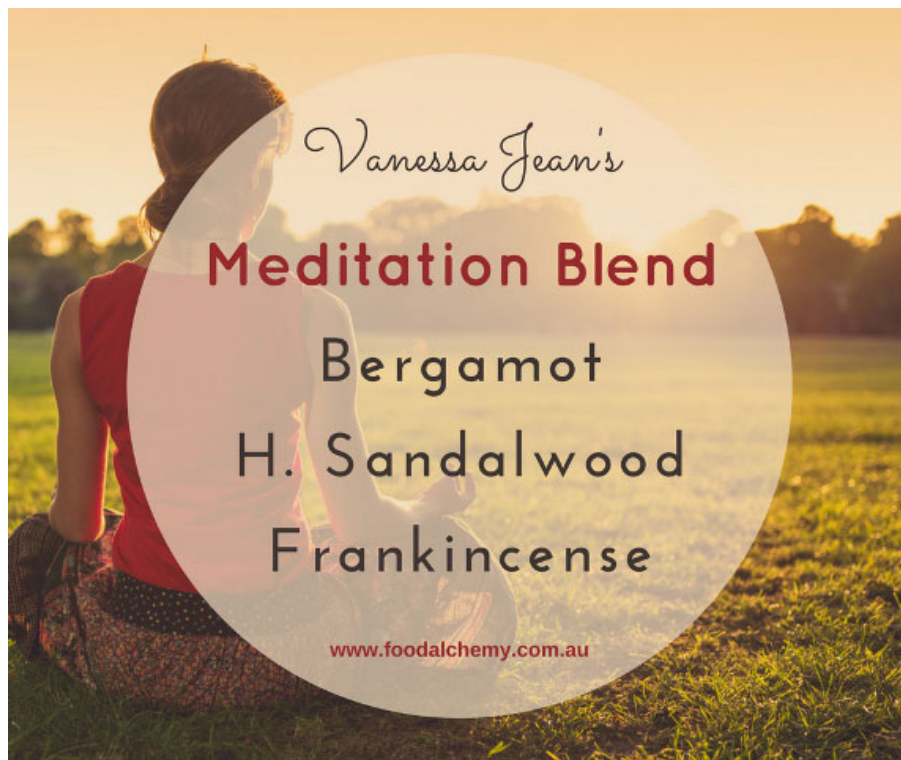
ESSENTIAL OILS TO CONSIDER

Lemon, Wild Orange, Grapefruit
and Protective Blend.



www.foodalchemy.com.au





Product of the Month is 5ml AromaTouch

The [AromaTouch](#) Blend (Massage Blend) is great for growing pains, body pain and tension, back aches/support and layering for pain with Franki boy and Ice Blue rub and for tension, release, and massage.

New Local Product

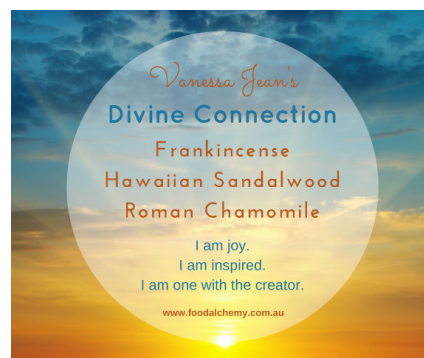
NEW Local Product!



Roman Chamomile
5 mL

is now available
for local order
in Australia

dōTERRA®
Australia



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