

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Hello <<First Name>>

We all come to a time in our lives where we need to reach out for some support... this time came for me and I had the most incredible session on the 1st of March 2017. I feel like I was transformed and integrated a whole new song to dance to in my life, I am overjoyed and so much lighter!!

Since I was 15 I have struggled to love me as I am, starving myself and exercising myself into the ground. With the love of my parents, and the guidance of my angels I returned home to love. My dad took me to inspirational workshops and talks over the coming years to be exposed to the most amazing men and women, the likes of Marianne Williamson (who I love and admire so much), Wayne Dyer, Deepak Chopra, Louise Hay... I don't want to name drop, I just want to shine a light on some of the magnificent souls who helped and continue to help in my transformation. I listened to Dr. Clarissa Pinkola Estes "Women Who Run with the Wolves" on repeat in my car (on tape hehehe!!). I practised yoga daily and meditated several times a day, read books to inspire and delight me and lost myself in journaling and writing and creating. I spent a LOT of time sinking into the Great Mother, hearing her song, pouring me into her, letting her hold me and love me and nourish me... from here I began to come back to my light and my truth.

Then 2016 happened!!! Oh my what a year on so many levels... and also one of my most challenging years. Slowly but surely, I began to believe a 'story' that did not serve me and as I did, I began to step back into old patterns and thoughts that do not serve me. I began to see those around me and on our dōTERRA Tree of Love facing similar challenges, and was determined that this was not the legacy I was willing leave. I wanted them all to shine, to live in their joy, to live their passions and to dare to dream BIG fat yummy dreams and realise them!! I wanted them all to love themselves... so this brought it all back to me... time to love me.

Fast forward back to the present - I had the great privilege of working with Kathy Bolton of Whole Health & Wellbeing <https://www.facebook.com/wholehealthwellbeing/> ... she took me on a journey of dissolving that which no longer serves me. It was one of the most transformational experiences I have had in a long time.

My soul was ready. My heart was open. My mind was still and ready to be reprogrammed. My cells were buzzing with excitement to let the story of

generations past... to go!

CTC is a powerful technique she employs, along with her incredibly sharp intuition and big heart, to take you where your soul and creator intended for this life. It is the conglomeration of different, highly resonate and powerful techniques, and boy does it work! It blew it out of the Universe for me!!! I feel new and invigorated and so much lighter now not carrying all the burdens that only yesterday weighed me down. I can't even remember them lol!! I am so happy. I am so at peace. And loving the tranquillity that is weaving its way into my cells, mind and heart... the life I always dreamed of is up to me to create... and create I do... and now...my inner world is congruent with and dancing to the melody of serenity once more. I am so grateful and joyous... Thank you Kathy for taking me into your home and heart for what was a deliciously beautiful gift!

For any of you wanting to dance again, and embrace the life your soul and Creator intended for you... I highly recommend Kathy of Whole Health & Wellbeing – she can do face to face or skype... This is one of the best investments in me that I have made in a long, long time. I love you all... may peace, joy love and laughter be yours once more.





I am saying daily affirmations with tapping (EFT) and aromatic anchoring with the essential oils - Claim the Light blend - to solidify all the gifts and transformations from the session.

Go in peace. May your month be filled with all that you willingly choose to call in. This or something better. Amen.

In Joy and Love

Vanessa Jean & family

Recipe



Wild Orange Vanilla Custard

Ingredients

1/3 cup macadamia nuts, soaked
3 figs soaked overnight, set water aside
6 cardamom pods, take the seeds out and discard the pod
½ tsp ground cinnamon
1 tsp vanilla extract
½ tbsp vanilla essence
½ tsp vanilla powder
1 vanilla bean
2 star anise
1 dash maple syrup, to taste
2 drops of Wild Orange essential oil

Method

Drain the macadamia nuts out of the water (discard) and add to a food processor, blend until fine.

Add the soaked figs being sure to leave the soaking water set aside.

Add remaining ingredients except the vanilla bean and star anise, process until smooth. You may need to add some of the fig soak water to help smooth this out and help it to be runnier.

Then add the vanilla bean and star anise and leave to sit overnight or for a few hours. The longer you leave this the more infused it will be with all those beautiful spices.

If need be you can add more liquid in the morning and blend some more, taking out the vanilla bean and star anise.

To serve take out the vanilla bean and star anise. Drizzle over the pudding and decorate with star anise and vanilla.

Upcoming Events

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

Silver and Above Retreat 15/3/17 (now including Premier)



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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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

<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.



OneTree 19/3/17



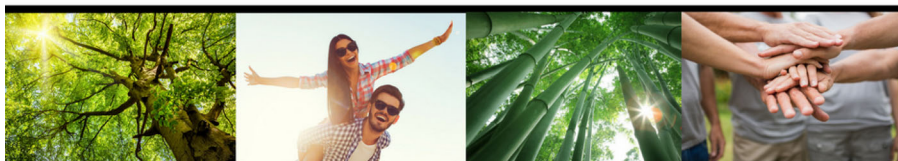
Come join U.S. and Australian dōTERRA dynamos for a high-powered, fun-filled day of inspiration and entertainment, including in-depth learning and paradigm shifting!

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.

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/>



Pilbara dōTERRA Retreat 22 & 23 April 2017



dōTERRA Pilbara Retreat

Join us for this very special and unique dōTERRA retreat in the Pilbara. This retreat consists of 2 days; the first day is all about incorporating essential oils into your daily life, the second day will be about how to create a dōTERRA income.

On the first day, be inspired and nurtured on this weekend with Australia's first dōTERRA Presidential Diamond - Vanessa Jean Boscarello Ovens. Vanessa Jean will be immersing you in the world of essential oils; teaching you how to bring them into your life for emotional wellbeing, enhancing your food and for overall health and vitality. She'll take you through a relaxing meditation and share her wisdom about using oils with meditation and taking time out for yourself.

You'll also be hearing from Diamond leader Kira Fischer, Gold leader Kiah Twelftree and Premier leader Toiya Staley along with other inspirational speakers to be announced. They'll be covering a range of topics from oils for self-love to balancing your hormones.

On arrival, you'll be presented with a goodies bag filled with items for your oily journey! And you'll be nourished with a delicious wholefood buffet lunch infused with essential oils by the talented Gill Furlong. There'll be live demonstrations on how to use oils in your food and you'll get to taste some yummy treats!

On day two you'll receive a goodies bag to get you started on your journey to building a dōTERRA income stream. Gill will again be feeding you with a wholefood buffet infused with the essential oils.

Vanessa Jean will be sharing how she grew her Tree of Love to Diamond in 7 months and Presidential Diamond in 2 years! Her passion for essential oils and changing lives through dōTERRA is very inspiring; she is a wealth of knowledge and you will not want to miss this unique opportunity to learn from her experiences! Kira, Kiah and Toiya will be speaking on a variety of topics to help you to either get started or ignite your passion to grow your very own incredible Tree of Love.

<p style="text-align: center;">WHEN</p> <p style="text-align: center;">Saturday 22 April 2017 10am – 4pm</p> <p style="text-align: center;">Sunday 23 April 2017 10am – 4pm</p> <p style="text-align: center;">WHERE</p> <p style="text-align: center;">Main Hall Dampier Community Hub 3 High Street Dampier WA 6713</p>	<p><i>We look forward to being with you for a memorable experience at this Pilbara dōTERRA retreat!</i></p>  <p>www.foodalchemy.com.au</p>	<p style="text-align: center;">INVESTMENT</p> <p>\$59 Early Bird per person for 1 day until 15 March 2017 \$79 full price per person for 1 day</p> <p>\$79 Early Bird per person for both days until 15 March 2017 \$99 full price per person for both days</p> <p>Bookings are essential through Eventbrite.</p> <p>https://www.eventbrite.com.au/e/pilbara-doterra-retreat-22-23-april-2017-tickets-32197205709</p>
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Dates and Times

Saturday 22 April 2017 10am – 4pm

Sunday 23 April 2017 10am – 4pm

Where

Main Hall, Dampier Community Hub
3 High Street, Dampier WA 6713

Investment

\$59 Early Bird per person for 1 day until 15 March 2017

\$79 full price per person for 1 day

\$79 Early Bird per person for both days until 15 March 2017

\$99 full price per person for both days

Bookings are essential through Eventbrite.

Eventbrite

<https://www.eventbrite.com.au/e/pilbara-doterra-retreat-22-23-april-2017-tickets-32197205709>

Perth June 2017



#Save the Dates

PERTH JUNE 2017

1st June (evening) - Diamond and above meeting
 2 & 3 June - Leadership Retreat (Premier & above*)
 4 June - One Tree (open to all ranks)
 5 & 6 June - Perth Business Training (open to all ranks)

* Terms and conditions apply. Refer to doTERRA

Sydney Going Deeper into Placements 11/7/17



**Going Deeper
into
Placements**

Tuesday 11th July 2017
 6pm-9pm
 Canada Bay Club, 4 William Street, Five Dock, NSW

Join Vanessa Jean and Paul Ovens, doTERRA Presidential Diamonds, in this 3-hour in-depth workshop about going deeper into placements.

Learn to place like a pro; tips to fast track your rank advancements and ensure sustainability.

Bookings are essential through Eventbrite.

<https://www.eventbrite.com.au/e/doterra-sydney-going-deeper-into-placements-11717-tickets-32069308164>

**\$39
per
person**

www.foodalchemy.com.au

Join Vanessa Jean and Paul Ovens, doTERRA Presidential Diamonds, in this 3-hour in-depth workshop about going deeper into placements. Learn to place like a pro; tips to fast track your rank advancements and ensure sustainability.

Topics – Learn how to place

- For longevity; for maintaining rank and serving the higher good
- Active sharers, builders and leaders
- For volume and structure
- Effectively in depth
- Multiple enrolments
- Online enrolments
- Effectively using the Wellness Consult to establish
- placements
- and more...

Bookings are essential through Eventbrite.

Date

Tuesday 11th July 2017

Time

6pm – 9pm

Where

Canada Bay Club

4 William Street, Five Dock, NSW 2046

Investment

\$39 per person.

Eventbrite

<https://www.eventbrite.com.au/e/doterra-sydney-going-deeper-into-placements-11717-tickets-32069308164>

Facebook

<https://www.facebook.com/events/2212768108948689/>

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 On Guard foaming hand wash with 2 dispensers

SAVE 10% IN MARCH - AU/NZ

On Guard® Foaming Hand Wash & 2 Dispensers

protective blend hand wash & 2 dispensers

AN ALTERNATIVE TO HARSH SOAPS WHICH MAY DRY OUT THE SKIN, ON GUARD FOAMING HAND WASH CLEANS AND SOFTENS HANDS WHILE PROVIDING AN INVIGORATING AROMA OF ESSENTIAL OILS! THIS GENTLE ALTERNATIVE TO HARSH SOAPS WILL PROTECT YOUR SKIN WHILST SMELLING FRESH AND CITRUSY. OUR DISPENSER IS A GREAT WAY TO DISPENSE FOAM ONTO YOUR HANDS AND IS A BEAUTIFUL ADDITION TO YOUR BATHROOM OR KITCHEN.



USES

1. Replace harsh soap with this gentle, aromatic alternative.
2. Place a dispenser with On Guard Foaming Hand Wash at sinks throughout your house.
3. Refill the dispenser with hand wash when it runs out.

38070004	WHOLESALE AUD	\$32.00	23.50 PV
	AFTER DISCOUNT AUD	\$28.80	21.15 PV

doTERRA

Product of the Month is 15ml Wild Orange

- Add a drop to your water for a burst of flavour
- Use to cleanse and purify counter tops, tables and other surfaces
- Diffuse to purify the air
- Diffuse with Peppermint for an uplifting and energizing aroma
- Add to food for delicious flavour. Try the recipes below!

Wild Orange

essential oil



The Oil of Joy!

This oil will uplift the spirit and bring peace to the mind. Pure joy bubbles in a bottle, this pure essential oil delights adults and children alike. Combine with Frankincense and Lavender in the diffuser for blissful sleep or peaceful meditation.

Suggested Uses

Use in an all-purpose spray to **cleanse and purify surfaces**.

Add a drop to your water every day for a burst of **flavour** and to promote overall health.

Diffuse to **uplift mood and energy levels and to freshen the air**.

Energize the mind and body. Dispense one to two drops in the palm of your hand along with equal parts Peppermint and Frankincense. Rub palms together and inhale deeply from palms, then rub on the back of neck.

Use in **baking***. * I only use pure therapeutic grade essential oils.

Raw Fudge

Ingredients

2 cups raw/activated almonds or one scoop chia seeds
for nut free
1 cup coconut oil, liquified
1/2 - 1 cup raw honey (depending on sweetness of
honey)
1 cup raw cacao powder
1 tsp pure vanilla or organic vanilla extract
1/2 tsp high quality sea salt
4 drops Wild Orange essential oil*

Method

Place coconut oil and honey in food processor, gently
blend to combine.
Add cacao powder, vanilla and essential oil.
Mix together all dry ingredients.
Add liquid to dry ingredients and mix. Place in pan or
moulds of choice and freeze.
Must be kept cold or you will have a sauce!

Wild Orange Bliss Balls

8 – 10 dates

1 Tbsp coconut oil (or a little less)
4 - 6 drops Wild Orange essential
oil*

1/2 cup shredded coconut
1 cup cashew nuts (or any nuts or
seeds)

Optional: 1/4 cup raw cacao powder



March is a 200PV Special Month

AU/NZ

ICE BLUE®

athletic blend



EARN A FREE 5 ML ICE BLUE AND ICE BLUE RUB (\$105.34 RETAIL VALUE) BY PLACING ANY SINGLE 200 PV ORDER THROUGH THE AUSTRALIAN WAREHOUSE FROM MARCH 1 THROUGH MARCH 31, 2017. THERE IS A LIMIT OF FOUR PER ACCOUNT, PER HOUSEHOLD. DOTERRA ICE BLUE IS PERFECT FOR A SOOTHING MASSAGE AFTER A LONG DAY OF WORK. WINTERGREEN, CAMPHOR, PEPPERMINT, BLUE TANSY, BLUE CHAMOMILE, HELICHRYSUM AND OSMANTHUS WORK TOGETHER TO SOOTHE AND COOL. DOTERRA ICE BLUE RUB IS A RICH, TOPICAL CREAM INFUSED WITH THE ICE BLUE SOOTHING BLEND OF ESSENTIAL OILS. FORMULATED WITH A PROPRIETARY BLEND OF NATURAL PLANT EXTRACTS AND OTHER POWERFUL INGREDIENTS, ICE BLUE RUB PROVIDES A COMFORTING SENSATION OF COOLING AND WARMTH TO PROBLEM AREAS.

RULES & TERMS

- ORDERS, ONCE PLACED, CANNOT BE CHANGED, ADJUSTED, OR COMBINED TO QUALIFY FOR THE PROMOTION.
- ORDERS PLACED OUTSIDE THE QUALIFYING TIME PERIOD (MARCH 1 THROUGH MARCH 31, 2016) DO NOT COUNT TOWARD THE PROMOTION.
- ALL ORDERS MUST BE PLACED AND PROCESSED BEFORE MARCH 31, AT 11:59 PM MT TO RECEIVE THE FREE PRODUCTS.
- PV IS NOT EQUAL TO THE COST OF AN ORDER. BEFORE COMPLETING AN ORDER, THE INDIVIDUAL ORDERING MUST VERIFY THAT THE ORDER IS 200 PV.
- A SINGLE 200 PV ORDER CAN ONLY QUALIFY FOR THE PROMOTION ONE TIME. IF AN INDIVIDUAL WOULD LIKE TO EARN THE PRODUCT UP TO FOUR TIMES, THEY MUST PLACE FOUR SEPARATE 200 PV ORDERS.
- ANY ORDERS OR ITEMS RETURNED THAT RESULT IN THE ORDER GOING BELOW THE 200 PV REQUIREMENT WILL HAVE TO RETURN THE FREE 5 ML ICE BLUE AND ICE BLUE RUB, OR THE PRODUCT WILL BE CHARGED ON THE MEMBERS ACCOUNT.
- RETAIL, WHOLESALE, AND PREFERRED MEMBERS CAN QUALIFY FOR THE PROMOTION.

IF YOU FEEL YOU HAVE QUALIFIED FOR THE PROMOTION AND DID NOT RECEIVE THE PRODUCTS, PLEASE SEND A SHORT EMAIL TO OUR PROMOTIONS TEAM BY EMAILING PROMOTIONS@DOTERRA.COM NO LATER THAN APRIL 15, 2017. EXCEPTIONS WILL NOT BE MADE AFTER THIS DATE.



Ice Blue® Rub | SKU 38900004
Wholesale AUD \$36.50
Retail AUD \$48.67 PV 31.00

Ice Blue® essential oil | SKU 31050004
Wholesale AUD \$42.50
Retail AUD \$56.67 PV 38.50

dōTERRA

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