

Inspiration from Food Alchemy with Vanessa Jean

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"Putting love first means knowing that the Universe supports you in creating the good, the holy, and the beautiful. It means knowing you're on the earth for a purpose and that purpose itself will create opportunities for its accomplishment."

MARIANNE WILLIAMSON



www.foodalchemy.com.au

Vanessa Jean's

I put Love first and the Universe supports me

1 drop Rose
1 drop Spikenard
3 drops Lime

Aromatically dress with 10ml carrier oil, diffuse, or create as your own purefume.

www.foodalchemy.com.au

Hello <<First Name>>

Let us explore what our lives look like when we put love first, where love is the bottom line. We will also be expanding on this topic at the One Tree Perth event on Sunday 4 June 2017.

I believe that all that is real is love, what doesn't come from love comes from fear (illusion). So I consciously choose love first everyday.

Here are some beautiful ways you can do this each day. In so doing, you will keep your vibration light and bright and so attract higher vibration beings, circumstances and outcomes.

Practice Gratitude

I love the saying "Count your blessings, not your sorrows". As we make gratitude our daily practice our heart swells with love, our belly fills with joy and our mind is at peace.

Every morning as you wake up, place your hands over your belly and heart and take 3 deep breaths and give thanks for the new day.

Think of all the things you are grateful for and put them out like a meditative prayer, to the universe. At night do the same. Think of at least three things you are grateful for.



Breathe

Inhale love, exhale gratitude.

I love to guide everyone to breathe in and as you exhale, let out an audible "Ahhhh". You can do this morning and night and anytime during the day to reset and let go.



Vanessa Jean's

Inhale Love, Exhale Gratitude

2 drops Bergamot
1 drop Frankincense
1 drop Wild Orange
2 drops Petitgrain

Aromatically dress in carrier oil and consciously feel and say why you are so grateful for all your body parts. Alternatively, create a purefume or diffuse and meditate/pray on your sweet blessings.

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Nourish Yourself

- Feed yourself beautiful food and drinks
- Think fermented drinks, coconut water, living juices, smoothies
- Think living foods, whole foods, real foods

Remember, anything in a packet is dead.

Our skin is our largest organ, so feed it well with aromatic dressing or a yummy scrub, mask and body butter then for the face, I absolutely love the Verage Skin Care kit.

Massage the dōTERRA body butter from top to bottom after using the sugar citrus scrub in the shower or bath. If you prefer an oil based body nourishment, try this:



Dance, Sing, Exercise, have time in Nature

Move your body with walks in nature, yoga outdoors (my favourite), singing and chanting, and dance, dance, dance! Use the music of nature or your fave songs, move your sacred temple!



Diffuse: Encouraging Blend.

Make Love your Bottom Line

Making love our bottom line means that we align with the universal principal that we are incarnate upon the earth to do as love would have us do. To use our resources as we are intuitively guided to do. It doesn't mean we give

everything away or you never charge for anything.

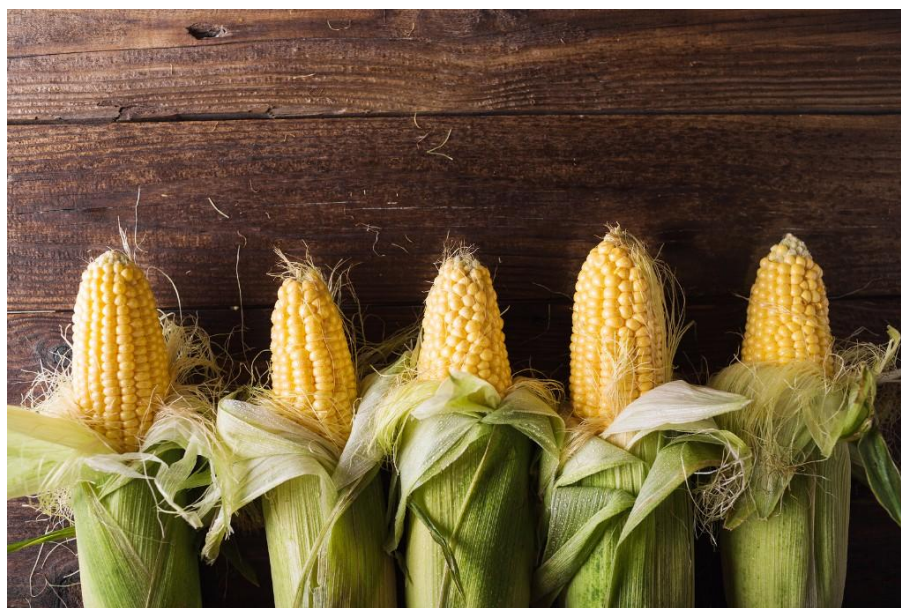
With love as the bottom line, an exchange occurs for both giver and receiver.

To learn more about this time and creating huge abundance (on all levels), in your life, join us on xxx for our upcoming seminar on Love: The Bottom Line. (DATE?)

Place Anti-Aging Blend over your heart centre and pulse points and wear as your purefume.



Food to nourish, heal, and help keep your vibration light and bright



Raw Creamy Corn Chowder

If your children and family love corn, this will be a hit! Corn chowder is great for the virgin raw soupie, its texture and sweetness is endearing to all. Very simple

and not at all labour intensive, all you need is to be a little organised and soak your cashews. If you don't have any soaked and you really want this NOW, then you can use them raw, however they will not blend as creamy as they will once soaked. You are also making them more bioavailable with the soaking process. Depending on the quantity you wish to make, play with the amount of ingredients used.

This of course can make for a beautiful dinner addition - a lovely entrée or main and will feed 4 adults.

Note that avocado makes for lovely creaminess and if you replace the cashews with avocados and the corn with broccoli you can make yourself a lovely creamy broccoli soup!

Ingredients

4 - 6 corn cobs, with corn kernels cut off the cob and set aside
2 cups cashews, soaked (for nut allergies use one whole tin coconut cream)
1/2 tin of coconut cream (or use the fresh flesh of young coconut)
1/4 cup hemp seeds
1 tsp paprika (smoked is a lovely addition here)
1 cup parsley leaves and stems
1 tbsp fresh rosemary leaves
Sea salt to taste (1/2 - 1 tsp) or you can use shoyu/tamari
1 - 3 Tbsp spring water to smooth out the soup

Method

Blend all ingredients at high speed in your food processor, adding water slowly as you need. The more you add the runnier it will become, it will also make it lovely and smooth and creamy. Use as much as you need to attain your preferred consistency.



Omega Smoothie

It is so important to have a balanced intake of omegas.

Ingredients

1 cup walnuts, soaked
1 tbsp chia seeds
1 tbsp hemp seeds
1 tsp bee pollen (optional, if vegan leave out)
1 tsp hemp oil
1 tsp grated cacao butter
1 tsp ground cinnamon
1/2 tsp ground vanilla beans or fresh from the pod
1 tsp lucuma powder
1 fresh mango
1 ripe banana
2 cups coconut milk
1/2 - 1 cup spring water (depending on your desired consistency)

Method

Combine ingredients in your food processor until smooth, drink immediately and relish the bliss and energy and beauty of this drink.

In Joy and Love

Vanessa Jean & family

Upcoming Events

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



Cacao Creations 9 April 2017

When: Sunday 9 April 2017

Time: 2-4pm

Where: East Fremantle (address supplied upon ticket purchase)

Join Vanessa Jean of Food Alchemy and Jacko from Journey to Great in the kitchen to learn how to make some delicious and nutritious cacao creations just in time for Easter.

We will be making an assortment of guilt free deliciousness using nothing but nature's bounty.

You will get to feast on each of the creations as they are presented and will also receive an awesome electronic booklet with all of the recipes so you can have a guilt free Easter at home this year.

Investment: \$35 per person or bring a friend \$25 per person. Tickets available [here](#).

Pilbara doTERRA Retreat 22 & 23 April 2017



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 goodie 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>WHEN</p> <p>Saturday 22 April 2017 10am – 4pm</p> <p>Sunday 23 April 2017 10am – 4pm</p> <p>WHERE</p> <p>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>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

\$79 per person for 1 day

\$99 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>

European Prosper Summit 18 May 2017

Join top ranked doTERRA leaders for a full-day of valuable training at the European Prosper Summit, held May 18th in Amsterdam, the day prior to doTERRA's 2017 convention. Learn how to find rapid success and become a powerful leader at doTERRA, discover best placement practices, learn how to invite, present, and enroll effectively, learn how to find leaders, and discover why now is the time to share doTERRA in Europe!

Paul and I are honoured to be talking at this summit on ***Creating a Lasting Movement.***

To join us and many wonderful speakers, please go to: [European Prosper Summit](#).

Perth June 2017



Perth One Tree Training 4 June 2017

Business with Heart & Personal Development Training - Share Success Australia

***** OPEN TO ALL TEAMS AND ALL RANKS *****

This is the premier event for training, personal and professional development for Wellness Advocates in Australia. It comes to life just twice each year on the day following dōTERRA convention and dōTERRA leadership retreat.

It is a full day of learning, shared experience and heart brought to you by the very best Wellness Advocates across Australia and around the world. Together they impart their knowledge, share success strategies and tips, provide inspiration, and fuel your passion for creating an abundant life for yourself and the many you will touch.

This event is open to all ranks and all teams, after all we truly are interconnected and part of the greater whole of the dōTERRA family just as each root, branch, leaf and flower are all critical and connected parts of any healthy, strong, life giving and life supporting tree.

We come together on this day to honour those that have blazed the trail before us and to show the path forward for you through sharing the wisdom gained by those who have succeeded.

Come have your skills, vision and purpose re-imagined.

Date

Sunday 4 June 2017

Time

9.30am – 5.30pm

Address

Function Room - The Rise
28 Eighth Avenue, Maylands WA 6051

Investment

\$39 Early Bird until 30 April 2017.

Thereafter \$49 per person.

Tickets available soon.

Perth Business Training 5 & 6 June 2017

The Way of the Soultrepreneur - Connection Marketing Training

***** OPEN TO ALL TEAMS AND ALL RANKS *****

Wish there was a straightforward and simple path to succeed in this business?

What about a 'how to' manual that explains exactly how we do it?

Want to know what we've learned this past year that will see you get to Diamond and beyond more simply than you could dream?

To get all this and much, much more you cannot miss this opportunity!

Our training, our knowledge and methods of implementation continue to evolve and this constant search for improvement has yielded some truly exciting revelations. We are more excited than we've ever been to deliver our latest offering in training to help you truly grow and change your life.

Australia's 1st Presidential Diamonds share the very best of what they've learned in a powerful event over 2 separate days.

It's training choose your own adventure style! Come to either or both of these transformational days and learn the Way of the Soultrepreneur. Where business and heart come together. Where profit comes from putting people first. Where authentic connection is the surest path to changing the lives of many. Where love is the bottom line.

Attend day 1 and you will:

- Find your WHY
- Learn a replicable method to help others find their true WHY
- Understand how to help people to say Yes!
- Know how to invite, teach and enrol powerful people
- Be empowered to duplicate yourself out of the rat race
- Have the secret to getting your team on LRP
- Be taught a placement strategy that removes doubt and confusion
- Truly understand how to gain maximum benefit from this awesome compensation plan

Day 2 will give you:

- A deeper understanding of why we place and structure our team the way we do
- The ability to effectively mentor your team
- Tools to help you advance rank
- Methods for avoiding the train wrecks of a large team
- Monitoring tools so no opportunity for you or your team to advance is ever missed
- Strategy- the stuff experience gives you! Real plans for how to grow your team

Extensive handouts are included.

When**Part 1: Learn how to share effectively and get people interested in the essential oils**

Monday 5 June 2017 (9.30am – 5.30pm) (public holiday)

Part 2: Learn how to lead and build effectively

Tuesday 6 June 2017 (9.30am – 5.30pm)

Where

The Function Room - The Rise
28 Eighth Avenue, Maylands WA 6051

Investment

Leadership special is \$79 for Part 1 OR Part 2 (normally \$99 for Part 1 OR Part 2) OR

Leadership special of \$149 for both Part 1 AND Part 2 (normally \$198).

Tickets will be available soon.

Dubbo 1 day doTERRA Business Training 9/7/17

The Way of the Soultrepreneur - Connection Marketing Training

***** OPEN TO ALL TEAMS AND ALL RANKS *****

Wish there was a straightforward and simple path to succeed in this business?

What about a 'how to' manual that explains exactly how we do it?

Want to know what we've learned this past year that will see you get to Diamond and beyond more simply than you could dream?

Our training, our knowledge and methods of implementation continue to evolve and this constant search for improvement has yielded some truly exciting revelations. We are more excited than we've ever been to deliver our latest offering in training to help you truly grow and change your life.

Australia's 1st Presidential Diamonds share the very best of what they've learned in this Part 1 business training event.

Come to learn the Way of the Soultrepreneur. Where business and heart come together. Where profit comes from putting people first. Where authentic connection is the surest path to changing the lives of many. Where love is the bottom line.

Attend Part 1 Business Training and you will:

- Find your WHY
- Learn a replicable method to help others find their true WHY
- Understand how to help people to say Yes!
- Know how to invite, teach and enrol powerful people
- Be empowered to duplicate yourself out of the rat race
- Have the secret to getting your team on LRP
- Be taught a placement strategy that removes doubt and confusion
- Truly understand how to gain maximum benefit from this awesome compensation plan

Extensive manual is included.

When

Part 1: Learn how to share effectively and get people interested in the essential oils

Sunday 9 July 2017 (10.00am – 6.00pm)

Where

Milestone Hotel, 195 Macquarie St, Dubbo

Investment

Usually \$99 per person for this Part 1 business training.

Early Bird price is \$69 per person paid and registered by 15 May 2017 - bring your team along!

Special price for everyone coming to this Dubbo training is \$79 per person for tickets purchased after 15 May 2017.

Bookings are essential to secure your place.

Booking Link

<https://www.eventbrite.com.au/e/dubbo-part-1-doterra-business-training-9-july-2017-tickets-33068143708>

Facebook

Sydney Going Deeper into Placements 11/7/17



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

Join Vanessa Jean and Paul Ovens, dōTERRA 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>

www.foodalchemy.com.au

\$39
per
person

Join Vanessa Jean and Paul Ovens, dōTERRA 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>

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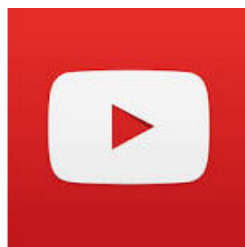
<https://www.facebook.com/events/2212768108948689/>

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 Easy Air Vapor Stick

SAVE 10% IN APRIL - AU/NZ

Easy Air™ Vapour Stick

clear blend vapour stick

dōTERRA'S EASY AIR™ VAPOUR STICK PROVIDES A CONVENIENT METHOD OF ENJOYING ALL THE BENEFITS OF dōTERRA EASY AIR™ ESSENTIAL OIL. IT GLIDES ON THE SKIN WITH EASE AND ENCOURAGES A COOLING AND SOOTHING EFFECT BOTH TOPICALLY AND AROMATICALLY. THE EASY AIR™ VAPOUR STICK IS PERFECT FOR TRAVEL TO PROVIDE POWERFUL RESPIRATORY SUPPORT FOR THE ENTIRE FAMILY.



USES

1. Apply topically to chest and breathe deeply to enjoy a cooling, invigorating vapour
2. Provides a cooling, soothing effect both topically and aromatically
3. Take with you whilst travelling for it's ease of use

34290004	WHOLESALE AUD \$15.00	5.50 PV
	AFTER DISCOUNT AUD \$13.50	4.95 PV

dōTERRA

Product of the Month - 5ml DigestZen

- Add to water or tea to maintain a healthy gastrointestinal tract*
- Eases feelings of queasiness*
- Use with fractionated coconut oil for a soothing abdominal massage*

*These states have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

In Bloom - April and May Promotion

In Bloom

RECEIVE ONE OF THESE PRECIOUS, CAPTIVATING, ROYAL OILS FOR FREE BY ENROLLING NEW WELLNESS ADVOCATES IN THE MONTHS OF APRIL AND MAY!

THE MORE WELLNESS ADVOCATES YOU ENROL, THE MORE OIL YOU EARN!



APRIL 1ST – MAY 31ST 2017

HOW TO EARN

- Enrol 4 new wellness advocates with a 100PV enrolment order and a 100PV LRP order the following month, receive One 10mL Roll On
- Enrol 6 new wellness advocates with a 100PV enrolment order and a 100PV LRP order the following month, receive Jasmine 5mL
- Enrol 8 new wellness advocates with a 100PV enrolment order and a 100PV LRP order the following month, receive Rose 5mL
- Enrol 16 new wellness advocates with a 100PV enrolment order and a 100PV LRP order the following month, receive all 3 oils (Rose 5mL, Jasmine 5mL, One 10mL Roll On)

# OF 100PV ENROLMENTS W/ SECOND MONTH 100PV LRP	ONE 10 ML ROLL ON	JASMINE 5ML	ROSE 5ML
4	✓	✗	✗
6	✗	✓	✗
8	✗	✗	✓
16	✓	✓	✓

RULES & TERMS

- Preferred Member upgrades to a Wellness Advocate will qualify if a 100 PV enrolment order is placed and includes the upgrade fee. An enrolment order is the first order placed on a Wellness Advocate's account.
- Retail Customers and Preferred Members will not count as qualifying enrolments.
- Reactivations DO NOT count towards this promotion. No exceptions will be made in this regard.
- Enrolment Order – an enrolment order is the first order placed by a new Wellness Advocate that includes the introductory packet. (AU \$35 enrolment fee).
- PV is NOT always equal to the cost of an order. Before completing the enrolment order, a Wellness Advocate must verify that the order is 100 PV or more.
- Enrolment orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Wellness Advocates must hold all qualifying enrolments through June 15, 2017 in order to qualify. Reporting is not run until the end of the promotion. The oils will be sent to those who qualify no later than July 1st, 2017.
- Enrolments outside of the qualifying time period (April 1 - May 31, 2017) do not count towards qualifying enrolments. The last day for new Wellness Advocates to enrol is May 31, 2017 at 11:59 pm EST.
- For any questions regarding this promotion please email australia@doTerra.com. We have a limited supply of these very rare oils, so please be aware we cannot guarantee an exception can be made. Please be sure to review all the rules above to make sure all guidelines are met.

doTERRA

For full terms and conditions, click [here](#).



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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