

Inspiration from Food Alchemy with Vanessa Jean

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Hello &lt;&lt;First Name&gt;&gt;



Ciao a tutti!

I have a beautiful newsletter filled with goodness for you.

Retreats, a visualisation for you to use at home, a little discourse on joy and gratitude, recipes ... it's long as I wanted to share a little more of my heart with you all. So grab a cup of cardamom and ginger essential oil infused tea and curl up for some nourishing reading.

Anyone at the end who registers their interest to join us on our upcoming retreats will be the first to hear about them as space is very limited.

I have just returned to Australia after having spent 3 glorious weeks in Europe with my husband Paul and our daughter Arielle. Most of our time was spent in the home land of my ancestry and the home of my heart, Italia. Fortunately for me, my hubby loves it there too! It was Arielle's first time there and some big dreams were realised for her and us and our dear friends John and Noel who were legally married in magnificent Bellagio, Italia. I loved witnessing Arielle seeing others realising their dreams and her manifesting her own after sending

out to the universe her big dream to go to Europe, to see Italy, to visit the place where daddy proposed to mummy (Sacre Coeur) ...and her biggest dream – time in PARIS!! She even began learning the language for this. She held a very clear and joyous vision of her going to Le Tour Eiffel, Sacre Coeur, Notre Dame, 'love-lock bridge' (Pont Neuf where lovers place their padlocks on the bridge to declare their eternal love) ....and watching me propose to daddy – what she didn't consider is what a big romantic her daddy is - he got in first! So, thirteen years after his first proposal, he got down on bended knee and asked me all over again...then I asked him 😊 it was beautiful and she giggled delight!

## An Invitation to Joy!

This month I invite you to join me on a journey to joy.... Sound like fun??

It was such a joy for me to return home to Italy...to the place of my being-ness. To share this with our daughter. To speak my language and to meet others who are as passionate about living (and food!!!) as me! Wherever we went we found laughter echoing around us, we felt warmed, we felt connected, we felt love. I cannot begin to describe the joy that surfaced from this!! We walked the ancient land and stumbled upon the most magical churches and cathedrals and ruins and bridges and fountains and vistas and ... restaurants – not to mention the incredible array of gelateria, pizzeria and pasticceria! Oh and did I mention artichokes were in season and I got to gorge myself on them!! Oh me oh my!! If you are like me and you love them and grow them, you might like to try these recipes.



### Parsley and Artichoke Heart Pesto

This recipe was born as a quickie meal for my hubby, who after a working outside all day, came in ravenous. Our beautiful Italian neighbour, bought over a big bunch of fresh parsley from their garden... so this dish was created. I hope you enjoy it as much as we did!

#### Ingredients - Pesto

1 big bunch flat leaf parsley

1/2 cup of pepitas and sunflower seeds  
1/4 cup extra virgin olive oil  
Herbamare or salt to taste  
4 artichoke hearts

**Method - Pesto**

Blitz until smooth, then add to pasta and veggies - check for taste.

**Veggies**

1 cup snow peas  
1 cup sugar snap peas  
1 small zucchini  
1 artichoke heart  
1 cup chives, finely chopped  
Herbamare/salt to taste

**Veggies Method**

Sauté in extra virgin olive oil until golden.

Boil pasta until al dente, drain, place back in the pot with a swish of extra virgin olive oil and stir through.

Then add the pesto and some veggies, stir through, leave enough aside to place on the top of the pasta with an extra dollop of pesto and extra virgin olive oil.

Buon appetito!

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## Sweet Onion and Artichoke Frittata

My mum is Maltese, and she is the best cooking Maltese ever! She knocks the socks of many Italians who cannot believe she is not Italian the way she cooks.

Frittata is a lovely dish to add to your weekly meals. You can put anything you have in it. My mum used to make a yummy frittata with fava beans (broad beans) and piselli (fresh peas in the pod).

The difference with omelette and frittata is that the top of the frittata is finished to a crisp under the grill, it can also be cooked in its entirety in the oven if you want to do a large one. You can make this as thick or thin as you like. They are lovely for a quick meal on the go and keep well for lunches. Add some greens or a yummy salad and you have a delicious meal waiting to be devoured!

**Ingredients**

1 tin artichoke hearts, drained, rinsed  
1 red onion, sliced in half moons  
1 leek, thinly sliced  
Or 2 spring onions, diced  
4 cloves garlic, sliced down the length  
1 cup kale, finely chopped/spinach/rainbow chard  
8 eggs, beaten  
1 tbsp tamari

1 tsp dried basil  
1 tsp dried oregano  
1 tomato, diced  
½ cup fresh parsley  
¾ cup grated parmesan/romano/pecorino cheese  
2 tbsp olive oil  
Black pepper optional

### Method

Cut the artichokes in half then into thin slices. If there is any prickly choke, discard into your garden.

Heat the olive oil gently in the fry pan (12-14 inch pan) and fry the onions, leek/spring onions over a low heat until golden, add the sliced garlic and artichokes now.

Beat the eggs, add tamari, herbs and greens. (Ensure you wash the greens well and remove the leaves of the kale from the stem as the stem is too woody).

Add the cheese of your choice and season with pepper if desired.

Pour mixture into the fry pan mixing all ingredients through. If you are using a grill to crisp the top, cook until ¾ cooked then finish under the grill. If not, you can put a lid on your pan and the steam will cook it.

If you would like to do this all in the oven, simply fry the onions, garlic and artichoke as above, beat the eggs and greens then add the egg mix to a baking dish with the fry pan mix.

I like to top with tamari seeds, or you can top with some provolone or mozzarella cheese, and bake in the oven for approximately 40 minutes until cooked through and golden.

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The gifts of the Great Mother are boundless and Italy is breathtakingly glorious as are France and Amsterdam where we shared our beautiful dōTERRA essential oils, presented at an international summit and listened rapturously to wonderful heart felt presentations at the dōTERRA European convention. Emily Wright, one of dōTERRA's seven owners, moved us to tears with what they are doing to support communities all around the world, including places continually devastated by natural disasters, like beloved [Nepal](#).

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So... how do we invite more joy into our lives? How do we manifest our dreams? How do we live joyously every day?

It's quite simple – we choose.

Joy – “A shining kind of contentment” from The Book of Joy, a book written by two shining examples of pure, radiant joy – His Holiness the Dalai Lama & Archbishop Desmond Tutu. I must say that when I want to delve into the attainment of lasting joy I turn to the Dalai Lama, and here I have found a book

by both extraordinary men. How is it that two incredibly inspiring and wise men on our Earthplane, who have experienced so much oppression and soul-destroying circumstances and violence, can be such figures of true happiness, joy and unconditional love in our lives? They have lived through such hardship and yet each are Nobel peace prize winners and epitomise joy like few humans can. It reminds me of my time in Nepal – such poverty and yet... so rich in what counts. Joy and love and celebration of life – i.e. gratitude. I recommend reading their book, you will love it!!

Like these men and the people of Nepal we can choose joy. We have seen so much poverty in our travels, Arielle gave her coins to beggars on the streets of Europe and felt each of them with such tenderness in her heart. We can choose in on joy any number of ways, and then what is super important is to anchor that joy in!! Use a song, create affirmations, visualisations or use aromatherapy – or combine them all!!

Here are some blends using our dōTERRA essential oils to change our patterns of dense emotions i.e. misery, and bring in and anchor in more joy.

When we use citrus oils, we tend naturally to feel elevated. By adding Frankincense to the blend, we magnify it. Try for example:

**Frankincense with Citrus Bliss or Cheer**

**Frankincense with Spearmint and Lemon**

**Frankincense with Lime, Bergamot & Wild Orange**

**Frankincense with Cedarwood, Grapefruit and Ylang  
Ylang**

To help get us moving, giving us the courage to share our joy and our light with others, simply by being, try this diffuser, purefume or aromatic dressing blend, with the accompanying affirmation:





## A Note on Gratitude

Gratitude brings more joy into our lives. When we are feeling contracting emotions, such as sadness or anger, loss or grief, or miserable that we can't 'get a break' from misery... it is now that we need to consciously choose joy! A fun way to do this is to close your eyes and see yourself as utterly joyous. Get in touch with how that feels, how it looks... how you feel and how you look when you are deeply, resonantly joyous? Feel it deep within you, visualise it in detail, what do you look like and what does your life look like when you are joyous? Take your time and really bring that to you. The universe is infinite in all its gifts. So dream BIG!! Remember, the mind does not know the difference between what is imagined and what is real – so create your new reality by aligning your thoughts and an uplifting emotional or feeling state, then send this out to the universe. Let your thoughts be joy filled, selecting images and scenarios reflecting joy. Add gratitude to this and put it all in the present tense – for example: *"I give thanks for this joy that I feel. I am so grateful to live a joyous and wondrous life... I am so grateful for the energy I feel as I live in this joy filled state..."*

Go into all the detail you can, and give thanks as though it already is. This does a few things – it rewires the brain to be programmed for joy and it calls from the universe joyous encounters, circumstances, events, people and outcomes. When you create a new habit for calling in joy and for feeling grateful for blessings each day, you re-train your mind in such a powerful way. This is something I am deeply passionate about sharing and combine this with DNA regeneration techniques and some new techniques and meditations where we access the quantum field to manifest and bring a whole new way of being and a whole new 'you' into being.

Paul and I are going to be holding retreats in the near future, as I mentioned in the last newsletter. I had an overwhelming and positive reply to this, so for those of you that would like to join us on this magical and transformational

journey please email us and let us know so we can place you on our expressions of interest list. We will contact this list first as the places we are looking at booking are limited in space and we choose to keep this rather intimate. We will hold one retreat in Western Australia, and one or two on the east coast of Australia and I shall be holding one in England in October 2017. So please let us know your preferred area on your email and we will keep you informed. Please email Tracy Stoves [foodalchemy.tracy@outlook.com](mailto:foodalchemy.tracy@outlook.com)



To conclude here is a beautiful minestrone recipe (vegan version) to warm you this winter and give you a little kiss of joy from my home land. Have a joy-filled day ... may laughter and giggles fill your days as you rewire your brain and your being to live in joy, love and gratitude.

**In Joy and Love**

**Vanessa Jean**

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## Minestrone

This is a beautiful and quick vegan version of a hearty, Italian minestrone, minus the grains. If you would like to add pasta or rice to make this more traditional go for it! You would add them for the last 10-20 minutes of cooking time (look at the cooking time on the grain you are choosing).

Please note, whilst I use veggie stocks, you can use your bone broth or meat stocks in this. Please do not use bought, out of the packet cheap stocks eek!!

I recommend you use organic, as always, and only what is seasonal. For autumn and upcoming winter, we have so much to choose from. Enjoy!

### Ingredients

- 2 brown onions
- 2 shallots
- 4 cloves garlic
- ¼ cup extra virgin olive oil
- 4 potatoes
- 2 carrots
- ½ head cauliflower
- 1 corn cob
- 1L veggie stock, or spring water if you are out of homemade stock
- 2 tbsp tomato paste
- 1/3 cup passata (pureed tomatoes)
- 1 cup cooked cannellini beans, or 1 tin, drained and rinsed
- 2 drops Basil essential oil
- 1 drop Oregano essential oil

### Method

Dice all vegetables, onions and garlic; cut corn off the cob.

Sauté onions, shallots and garlic in 1 tbsp extra virgin olive oil until transparent.

Add potatoes, stir and sauté.

After a few minutes, add remaining vegetables, combine well in the extra virgin



olive oil, adding 2 tsp salt/Herbamare.

Add stock/water, tomato paste and passata. Stir well, cook for 20 minutes.

Then add the cooked beans and the essential oils, cooking for another 15 - 20 minutes.

Serve hot, with fresh herb garnish.

## doTERRA Specials of the Month

### June is a 200PV Month - 10ml Roll On Salubelle



**EARN A FREE SALUBELLE 10mL ROLL ON (RETAIL VALUE AUD \$129.33)  
BY PLACING ANY SINGLE 200 PV ORDER THROUGH THE AUSTRALIAN  
WAREHOUSE FROM JUNE 1 - JUNE 30, 2017.**

#### **SALUBELLE BEAUTY BLEND**

Salubelle is a proprietary blend of powerfully renewing, rare essential oils used throughout history for their beautifying benefits. Salubelle easily absorbs into the skin and can be used on the face, neck, and décolletage to reduce the appearance of fine lines, wrinkles, and aging skin.

#### **PRIMARY USES**

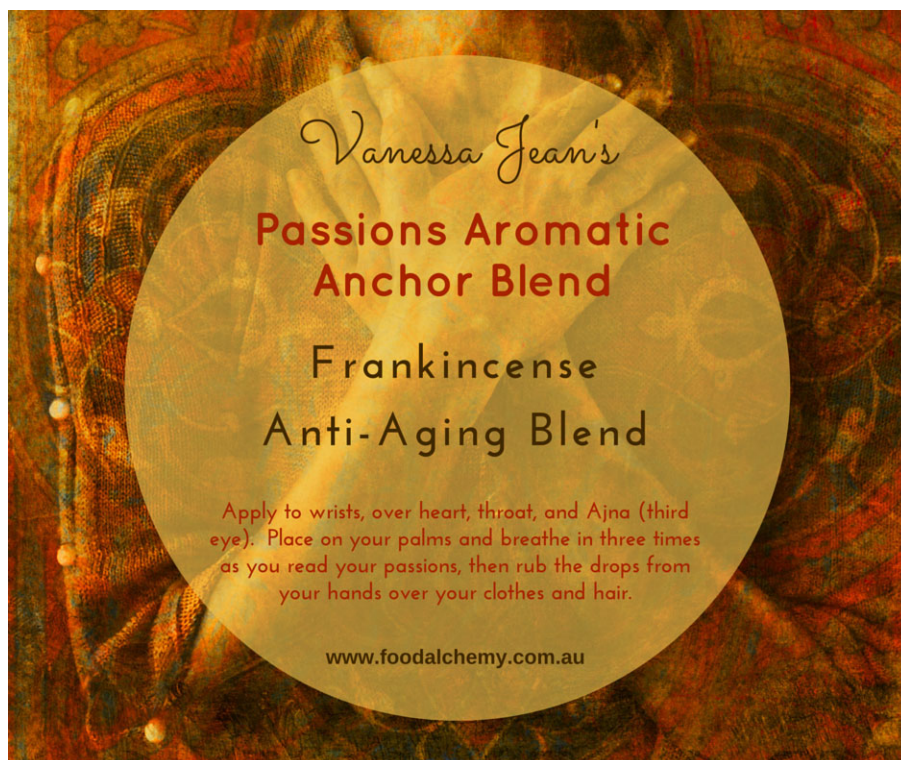
- Apply a thin layer of Salubelle to the face, neck, and décolletage. Repeat application to targeted areas of concern. Follow with the doTERRA moisturiser of your choice.
- Use on minor skin irritations to reduce the appearance of scars, blemishes, and stretch marks.
- Applied to the back of the neck and ear lobes, Salubelle can help promote feelings of relaxation throughout the day.

#### **RULES & TERMS**

A single 200 PV order can only qualify for one promotional item. If an individual would like to earn the product up to four times, they must place four separate 200 PV orders.

- Orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Orders placed outside the qualifying time period (June 1 through June 30, 2017) do not count toward the promotion.
- All orders must be placed and processed before June 30, 2017 at 11:59 pm M&T to receive the free product.
- PV is not equal to the cost of an order. Before completing an order, the individual placing the order must verify that the order is 200 PV.
- Any orders or items returned that result in the order going below the 200 PV requirement will have to return the free Salubelle or the product will be charged on the members account.
- Retail, Wholesale, and Preferred Members can qualify for the promotion.
- A maximum of 4 free items may be redeemed per household.

**doTERRA**



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**10% off Local is the Detoxifying Mud Mask**

# SAVE 10% IN JUNE - AU/NZ

## Detoxifying Mud Mask

dōTERRA Spa

A CRUCIAL PART OF OUR LUXURIOUS dōTERRA SPA RANGE, THE DETOXIFYING MUD MASK PROVIDES PURIFYING AND DETOXIFYING BENEFITS WHILE REDUCING THE APPEARANCE OF PORES, FINE LINES AND WRINKLES. IT COMBINES MYRRH, JUNIPER BERRY AND GRAPEFRUIT ESSENTIAL OILS FOR THE LUXURIOUS AND AROMATIC SPA TREATMENT THAT PAMPERS YOUR SKIN!



### BENEFITS

1. Combines essential oils that are known for their cleansing and smoothing benefits
2. Provides moisturisation and balances the skin
3. Helps reduce the appearance of pores

37490004 WHOLESAL AUD \$25.00 13.50 PV  
AFTER DISCOUNT AUD \$22.50 12.15 PV

dōTERRA

## Product of the Month is 5ml Easy Air

Easy Air is also know as the Respiratory Blend, or Breathe in the USA.



- Diffuse, inhale directly from palms, for a refreshing aroma
- Rub Easy Air on chest or under nose before bed

*Vanessa Jean's*  
**Breathe Easy**

**Chest Rub Recipe 1**  
10 ml fractionated coconut oil  
10 ml coconut oil  
10 ml shea butter  
10 drops Respiratory Blend

**Chest Rub Recipe 2**  
10 ml fractionated coconut oil (roller bottle or bowl)  
2 drops Respiratory Blend  
2 drops Cedarwood

*My airways are open. I breathe easily. My lungs expand with the breath. My chest is clear. I give thanks for healthy, open lungs."*

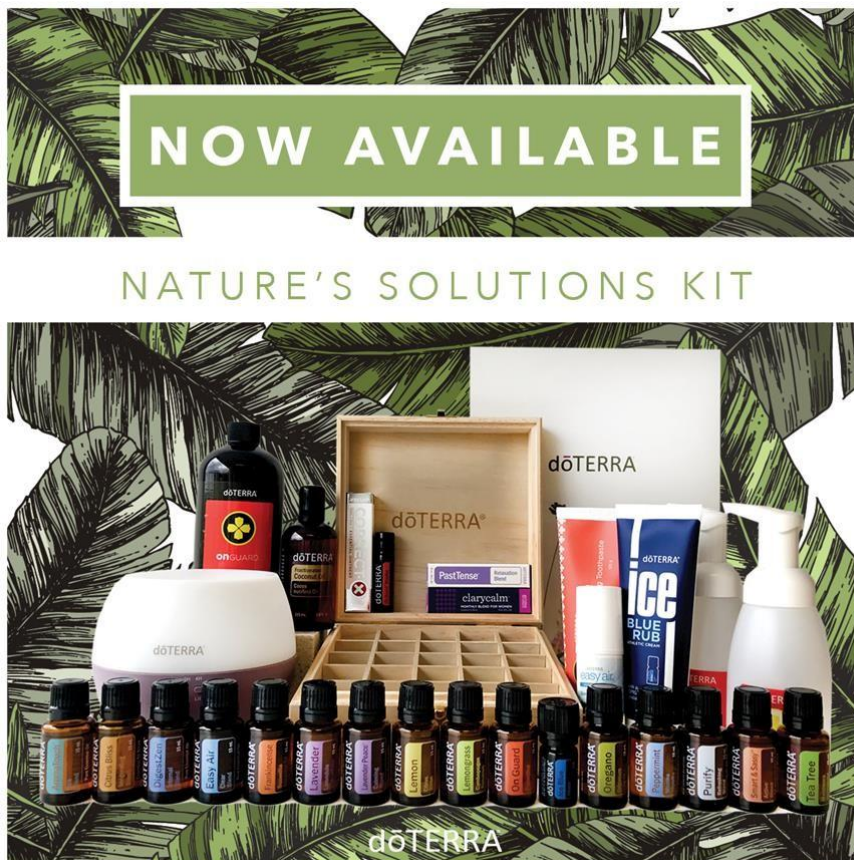
[www.foodalchemy.com.au](http://www.foodalchemy.com.au)





## What's New?

### Nature's Solution Kit



doTERRA Australia is so excited to release our new Enrolment Kit! The Nature's Solution Enrolment Kit is made up of 15mL bottles of DigestZen, Purify, Tea Tree, Oregano, AromaTouch, Frankincense, Lavender Peace, Easy Air, Citrus Bliss, Lavender, Lemon, Peppermint, Smart & Sassy, Lemongrass,

On Guard, Past tense (10mL), Clary Calm (10mL), Ice Blue (5mL), Ice Blue Rub, Correct-X, Fractionated Coconut Oil, Easy Air Vapour Stick, Petal Diffuser, Wooden Box, On Guard Cleansing Toothpaste, On Guard Foaming Hand Wash (with 2 dispensers), On Guard Beadlets and Introductory Packet and Enrolment.

SKU 60201019 Wholesale \$635 400pv.

## Essential Skin Care Kit



## Upcoming Events

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

### 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 1<sup>st</sup> 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

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 11<sup>th</sup> 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/>

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## Queensland Business Training 19 & 20 August 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:** The way of the Soultrepreneur-inspired strategies for sharing and building your dōTERRA business

Saturday 19 August 2017 (9.30am – 6pm)

**Part 2:** Leadership and mentoring to create a lasting movement plus deeper knowledge of placements and tools to manage your growing team effectively  
Sunday 20 August 2017 (9.30am – 6pm)

**Where**

North Lakes Resort Golf Club  
1 Bridgeport Drive, North Lakes, QLD 4509

**Investment**

\$99 per person Part 1 or Part 2

\$179 per person for both Part 1 and Part 2

Tickets available soon.

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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.**

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## 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.

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## 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