

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

August was a busy month, with lots of workshops around the country.

I love how we work with all teams. I had the honour of teaming up with Jessie Reimers for an Emotions Masterclass in Brisbane, then with Petah-Jane and Anastasia for a Spiritual Aromatherapy workshop, followed by another Emotions Masterclass, this time with Tara Bliss and 350 wonderful souls on the Gold Coast.

Blending and emotions is such a big part of what I teach, and each workshop is unique, with very different blends coming to creation.

***Be brave and create, each day, a blend to support and nourish you.***

I'm about to release a new video on aromatic dressing, so make sure you are subscribed to my [YouTube](#) channel. I have had such incredible and humbling feedback about the positive impact aromatic dressing has made to people's lives. It teaches us to nourish ourselves, lovingly touch and connect with ourselves, and empower us to make the most of each day.

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## Drum roll.... Announcement!

I am so super duper aliooper excited to announce that oh so soon... new products that I have co-created with Amanda Porter and her amazing team at Enlighten Healing will soon be released.

My passion for blending with these essential oils and creating alchemical gifts for emotional harmony is being released into the world!! Amanda, who co-wrote the all time fave book for so many *"Emotions & Essential Oils"*, and I have collaborated to give you all a gift that will expand you and all whom you touch! It's going to be fun and inspiring and informative! Hold onto your hats folks... September, during the doTERRA Global Convention time, is the official launch! Be sure to [subscribe to my newsletter](#) to be the first to receive the news!



September is the month of Father's Day, and hence why I chose to honour the men in my life with this newsletter's banner.

Let's support our men folk with some aromatic bliss too!

Here are some ideas for the menfolk... blends to awaken, inspire, relax and uplift, blends to get you going, and blends for sleep. *Enjoy!*

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

I'm then heading off to Italy, the UK and Ireland in October and November where we will have retreats, master classes and business with heart *"The Way of the Soultrepreneur"*. Dates are being finalised for these events and will be sent to you all in an additional newsletter once they have been confirmed. Please share with anyone you feel might like to attend the events. I can't wait!

## Vanessa Jean & Paul Ovens

## 3/15

**Ingredients**

1 tin organic butter beans, strained

1 tin organic chickpeas, strained

Place beans in a jar with ½ jar full of extra virgin olive oil and 3 garlic cloves and 1-2 sprigs of rosemary.

Let this sit for 3 hours.

Rosemary essential oil – 1 drop

Black Pepper essential oil – 3 drops

Greens from garden

- Rainbow chard
- Silver beet
- Kale (cavolo nero– black Tuscan)
- Parsley

Salt to taste

**Method**

Combine in a food processor until smooth, check for taste, adjusting as needed.

Add to a warm oven to gently heat. Serve hot with sour dough bread, crackers or any gluten free delights.

Serve with raw crackers, crisps, veggies.

**Goji Berry Delight Salad Dressing****Dressing - Ingredients**

The juice of ½ orange

Extra virgin olive oil

3 drops Wild Orange essential oil

2 drops Lime essential oil

1 drop Ginger essential oil

Salt to taste (pepper optional)

**Salad – Ingredients**

Mixed greens  
Snow peas, julienne  
Carrots, julienne  
Fresh mint  
1-2 Tbsp goji berries  
Fennel – if available, finely sliced  
Zucchini, spiralised (optional)

**Method**

Combine salad and dressing ingredients with hands so that the dressing is gently massaged into the greens.

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## Spearmint Bliss Ball Slab

**(Nut free, vegan)**

**Ingredients**

220g petitas  
1/3 cup chia seeds  
  
17 medjool dates, pitted  
1 scoop dōTERRA Terragreens  
7 drops Spearmint essential oil  
  
1 cup cacao powder  
1 cup cacao nibs  
1 scoop dōTERRA Terragreens  
  
1 Tbsp coconut oil, liquified  
5 drops Spearmint essential oil  
1 Tbsp cacao powder

**Method**

Add pepitas and chia seeds to a food processor or Thermomix, and process speed 8 for 6 seconds until finely milled. Remove and put into a bowl. You can set some aside to roll the balls in if you wish.

Into the food processor / Thermomix, add medjool dates, Terragreens and 7 drops Spearmint and process. Add back in the seed meal and mix.

Now add the cacao powder, cacao nibs, and extra Terragreens and mix gently.

Finally, add the coconut oil, additional Spearmint and cacao powder and mix medium-high speed for 10-15 seconds to combine.

Makes 40 small balls.

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## 10% off Cheer (Uplifting Blend)



- Diffuse at home, work, or school to promote a positive, uplifting environment
- Apply to a cotton ball or terracotta plate and place in car to experience doTERRA Cheer's energizing aroma while driving
- When feeling down, apply one drop to hands, rub together, and inhale deeply as needed throughout the day

For more information about Cheer, please click [here](#) and check my [website](#) for more Cheer blends.



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**Product of the Month (Local) is Clove**

- Clove contains powerful antioxidant properties and supports cardiovascular health when taken internally\*
- As a cooking spice, Clove adds a spicy flavor to any dish or dessert while providing internal health benefits
- \* One drop can clean the teeth and gums while promoting fresh breath

\*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.

To find out more about **Clove**, click [here](#) and check my [website](#) for more Clove blends, including Clove essential oil in recipes.





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**September is a 200PV month**





**EARN A FREE MĀNUKA 5ML AND LITSEA 15 ML ESSENTIAL OIL  
BY PLACING ANY SINGLE 200 PV ORDER THROUGH THE AUSTRALIAN  
WAREHOUSE FROM SEPTEMBER 1 - SEPTEMBER 30, 2017.**

#### MĀNUKA ESSENTIAL OIL

Used for centuries in New Zealand for its plethora of health benefits, Manuka essential oil promotes relaxation whilst cleansing and freshening the air. It can be diffused during meditation to center yourself and your energies whilst shielding you in preparation for the practice of meditation.

#### LITSEA ESSENTIAL OIL

Native to East Asia, Litsea is a lemon like essential oil with a wide range of aromatic uses. When diffused, Litsea can promote feelings of fresh energy to your day and an uplifting atmosphere around your home. It can also be added to homemade surface cleaners for a fresh, citrus aroma.

#### RULES & TERMS

A single 200 PV order can only qualify for the promotion once only. 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 (September 1 - September 30, 2017) do not count toward the promotion.
- All orders must be placed and processed before September 30, 2017 at 11:59 pm MST 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 Mānuka and Litsea essential oils 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.

**dōTERRA**



**Manuka Oil** PRODUCT OF NEW ZEALAND

▲ Diffuse to cleanse the air and refreshen the home  
 ▲ Aromatically dress - great to ground and center and for deep meditation  
 ▲ Great for oral health

*Cleaning & Diffusing*

Aromatically dress or as a Purefume  
 Manuka  
 Frankincense  
 Rose

Aromatically dress or as a Purefume  
 Manuka  
 H. Sandalwood  
 Jasmine

Mouth Wash  
 Manuka  
 Peppermint  
 Tea Tree

Aromatically dress or as a Purefume  
 Manuka  
 Bergamot  
 Douglas Fir

Cleaning & Diffusing  
 Manuka  
 Tea Tree  
 Lavender

Cleaning & Diffusing  
 Manuka  
 Eucalyptus  
 Lemon

Manuka blends well with woods, lavender and lemon.

Steam distilled from the flowers, leaves and stems of the Manuka tree.

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

To learn more about Manuka essential oil, click please go to [media.doterra.com/au-otg/en/pips/manuka-oil.pdf](http://media.doterra.com/au-otg/en/pips/manuka-oil.pdf)

# Litsea

✿ Respiratory support

✿ Clear your mind and uplift your energy

✿ Cleaning surfaces and for cleaning out the toxins of your own body

*We recommend dilution for topical application - see our website for details.*

*These blends can be used for diffusing, and with a carrier oil for aromatic dressing and purefumes.*

## Elevate your Mood

Litsea, Frankincense, Invigorating Blend

## Super Hero

Litsea, Manuka, Rose

## Clear Communication

Litsea, Lavender, H. Sandalwood

## Chest Support

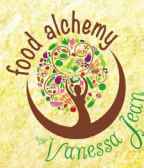
Litsea, Cardamom, Eucalyptus,  
Peppermint

## Clear the Mind

Litsea, Rosemary, Basil, Lemon

## Immune System

Litsea, Protective Blend



## Goodbye Bugs

Litsea, Arbovitae, H. Sandalwood

## Happiness

Litsea, Red Mandarin, Wild Orange

## Restful

Litsea, Cedarwood, Petitgrain

## Sensuality

H. Sandalwood, Litsea, Blend for  
Women

## Calming Space

Ylang Ylang, Litsea and Invigorating  
Blend

## Spice up your Life

Litsea, Black Pepper, Lime

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

To learn more about Litsea essential oil, please go to: [media.doterra.com/au-otg/en/pips/litsea-oil.pdf](http://media.doterra.com/au-otg/en/pips/litsea-oil.pdf)

## Upcoming Events

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

## Transforming you... Becoming Extraordinary 24/9/17

**Date:** Sunday 24th September 2017

**Time:** 9.30-11.30am

**Where:** Maylands Peninsula Golf Course, Swan Bank Road, Maylands

**Tickets** \$10 per person



[Facebook](#)

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## [Going Deeper into Placements 24/9/17](#)

**Date:** Sunday 24th September 2017

**Time:** 12.30-3.30pm Registration will be from 12 noon.

**Where:** Maylands Peninsula Golf Course, Swan Bank Road, Maylands

**Tickets** \$29 per person

[Facebook](#)

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## **Vanessa Jean in Milan, the UK and Ireland**

Details in the next newsletter.

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## **Save the Dates March 2018 (Sydney)**

*Save the Dates!*  
**March 2018 - Sydney**  
Emotions Masterclass  
(with Vanessa Jean & Amanda Porter, 7 March)  
Silver & Above, 7 March  
doTERRA Diamond Day, 8 March  
doTERRA Convention, 9-10 March  
One Tree, 11 March  
[www.foodalchemy.com.au](http://www.foodalchemy.com.au)

Pre and Post Convention 2018 events!

## [Emotions Masterclass with Vanessa Jean and Amanda Porter - 7 March 2018](#)

**Date:** Wednesday 11 March 2018

**Time:** 9am -11am

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



## Silver and Above Training 7 March 2018

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

**Date:** Wednesday 7 March 2018

**Time:** 12-5pm

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

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**8 March 2018:** doTERRA Corporate event - Diamond Day

**9-10 March 2018:** doTERRA Corporate event - Convention

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## One Tree Training 11 March 2018

**Date:** Sunday 11th March 2018

**Time:** 9am - 4.30pm

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

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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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## Food Alchemy on YouTube!



**YouTube channel:**  
**Food Alchemy with Vanessa Jean**

Don't forget to subscribe to keep up-to-date with all the latest. We are regularly adding to our YouTube channel.

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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

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## 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.

[Food](#)  
[Oils](#)  
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[Events](#)

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## Connect



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## Share