

Inspiration from Food Alchemy with Vanessa Jean

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October 2018 Newsletter

Hello <<First Name>>

Where do I start? I am in such a state of gratitude for everything right now.

Paul and I have come back from the 2018 Global Convention, and dōTERRA were OUTSTANDING. This company has so much heart, so much to give to the world, and being a part of this movement of creating positive change is profound - live changing.

The theme of "Dream" was such a perfect platform to hear so many stories of beautiful dreams, from so many people, in so many parts of the world. Here are some of the highlights...

- Listening to the dōTERRA owners as they showed us their dream of dōTERRA going forward, improving the lives of so many people in so many ways
- The stories of hope from wellness advocates, the growers, the families, and the communities
- Seeing Hugh Jackman perform on stage - I think the entire stadium fell in love with Hugh!
- The amazing new oils, blends, and products that have been launched

But for us, the highlight was meeting Tim Ballard from Operation Underground Railroad (O.U.R.). Many of you know, especially from our last newsletter to you all, that O.U.R. has galvanized our lives into a whole new level of action. We are passionately devoted to improving the lives of those caught up in sex trafficking which is why we are donating our earnings in our second dōTERRA organisation (our Hope Tree of Love) to O.U.R. Meeting Tim was incredible and we feel like we are moving into an even higher gear to make even more of a difference.

Here is a short message from Tim Ballard for you all, with a longer video to come.



Paul and Vanessa Jean with Tim Ballard from Operation Underground Railroad (O.U.R.)



One of the highlight products released is the new Kids Collection kit.

Dr Marissa Heisel summarised the kit as follows:

- Body (Stronger™, Rescuer™) - think RESILIENCE (these blends are very protective)
- Mind (Thinker™, Calmer™) - think RESTORATIVE (great for re-directing and affirming a child)
- Heart (Steady™, Brave™) - think REASSURANCE (to bring positivity to the surface)

This kit is designed to help educate children to recognise they need all facets of Body, Mind, and Spirit (heart) to create good health and wellbeing.

The kit is very tactile, brilliant for sensory learners.

The icons support children who are non-readers and can safely use the oils (with parental guidance) to self-care.

The kit is designed for children aged 3-10 and great with teens and adults; adults can use them on younger children and older kids and adults can apply them more frequently during the day.

Our 13 year old daughter loves them all! She really loves the new version of the Protective Blend with her fave oil in it - Rose.



Arielle unveils the dōTERRA Kids Collection Kit

Until next time...

In Joy and Love

Vanessa Jean & Paul Ovens



Never miss out knowing what we're up to!

We have events set up on **two** Eventbrite channels. Follow us on both to keep up-to-date with all our public events.

[Paul and Vanessa Jean Eventbrite channel](#)

[Food Alchemy Pty Ltd Eventbrite channel](#)

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

Monthly Perth Event 17/10/18



Are you excited about all the amazing new products released at the US 2018 Convention?

Would you like to smell them and learn how to use and incorporate them into your everyday life?

Come and listen to Vanessa Jean and Adam Barralet as they enlighten you with their knowledge of these great new additions. They will take a deep dive into their emotional, mental and physical properties and discuss some beautiful blending ideas and daily use practices.

Date: Wednesday 17 October 2018

Time: 7.00pm – 8.30pm

Address

East Fremantle Cricket Club

Preston Point Reserve, Cnr Preston Point Road and Jerrat Drive, East Fremantle

Investment: Free - bookings essential through Eventbrite.

[Eventbrite](#)

[Facebook](#)

Additional dates for Perth Monthly Events

14 November 2018 - details to come.

12 December 2018 - details to come.



Follow the GROW events here: <https://www.facebook.com/GROWaust/>

GROW Perth

7 October 2018: <https://www.facebook.com/events/348550572551965/>

4 November 2018:

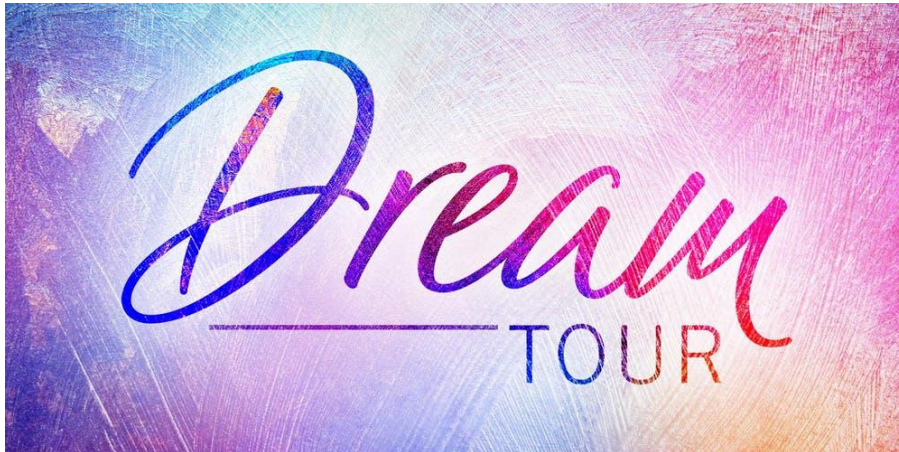
<https://www.facebook.com/events/322516548520907/>

9 December 2018:

<https://www.facebook.com/events/295009821294295/>

GROW Sunshine Coast

<https://www.facebook.com/events/329377087633258/>



Post Convention tours are happening! Check your country website for details.

Australia and New Zealand Post Convention Tour dates and booking links can be found [here](#).

The best place to keep up to date with business related doTERRA news is to follow the [doTERRA Business Australia and New Zealand Facebook page](#).



The US version of the Dream Kit is now available to order for AU & NZ via a USA LRP.

Jump onto your back office and you can officially order all the new magnificent products. I hope this excites you as much as it does me! It means you can get your hands on these, your heart will be singing with delight 🎵🎶

It's a 200PV month in the USA too so you will receive the free car diffuser and the citrus trio of Red Mandarin, Kumquat and Clementine (oh me oh my you want to have these!!)

To order: go onto your back office and create a **USA LRP**. You can type US DREAM TOUR Collection or the skew **#60207733**

It is USD\$276 an incredible price and you will make up on the conversion with the free car diffuser which has a USB plug for ease of use, and the three citrus oils - not usually available for purchase. I use this diffuser and travel everywhere with it and I can tell you it's AWESOME!

This is available until stocks last so order now to avoid disappointment.

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 pure essential oils**, and I use and

recommend **dōTERRA essential oils**.



The product of the month for October is the beautiful 15ml Tangerine essential oil.

Incredibly versatile in food, substitute Tangerine for any of my recipes featuring Wild Orange for a delicious difference and totally divine citrus explosion.

Raw Chocolate & Avocado Tangerine Mousse

Raw Chocolate & Avocado Tangerine Mousse

- 1 avocado
- 1/4 cup cacao powder
- 1 Tbsp coconut oil, softened
- 1 tsp vanilla paste
- 6 - 8 soaked medjool dates (to taste, the dates increase sweetness)
- 3 soaked Turkish figs
- 1/2 cup soaked water (from the dates or figs)
- (set aside water – use extra if needed to smooth out the mousse)
- 3 - 4 drops Tangerine essential oil
- Optional: add maple syrup or honey for sweetness if required

Blitz in a Thermomix or food processor until creamy.

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Nut Slab

This slab is nutrient dense and full of goodness; omega oils, antioxidants, and super foods and all anointed in essential oils and love.

Ingredients

- 2 cups walnuts
- 1 cup activated buckwheat
- 1 cup cacao powder
- 1 cup coconut oil, liquified
- 1 cup organic cranberries
- 1 tbsp organic “Greens and Reds” powder (brand: “Organics” - sugar free)
- 1 cup honey, raw and unprocessed (or maple/coconut syrup if vegan)

10 drops Tangerine essential oil
10 drops Grapefruit essential oil
3 drops Bergamot essential oil
1 tbsp cacao nibs (set aside for sprinkling on top)

Method

Blitz activated buckwheat first to a chunky texture in a food processor or Thermomix.

Then add remaining ingredients.

Blend on medium speed until combined.

Pour onto a lined baking tray.

Sprinkle with cacao nibs over the top of the slab. Cover with baking/parchment paper and set in the fridge or freezer.

Here's a lovely one to try, just in time for the summer entertaining season that is soon to be upon us in the southern hemisphere.

Almond & Dill Cream Cheese

Ingredients

⅓ cup date water
1 cup almonds, soaked
Himalayan salt to taste
1 heaped tsp dried organic dill tops or 1 drop Dill essential oil
Olive oil – approximately 2 tsp
Set aside; 1 tbsp filtered water + ⅓ cup

Method

Combine all ingredients except olive oil and extra water, in a food processor.

Push down the sides and add a tbsp of water, gently adding more as needed to create your desired consistency.

Tips

1. If you have homemade almond milk, you can use in place of water. It adds richness to this delightful 'cheese'.
2. Lovely essential oils for this nutty cream cheese are (combine as you desire):

- Black Pepper
- Dill
- Lemon
- Lime
- Tangerine
- Wild Orange

Less is more, so add essential oils one drop at a time and taste. Try combining 1 drop Dill, 2 drops Wild Orange and 1 drop Black Pepper essential oils – yum!

You can remove the almond skins if you would like a pure white cheese; personally, I am not too fussed!

200PV Special Extended until 15 October 2018

The graphic features a dark blue vertical bar on the left with the word "October" in white cursive script. To the right, a white rectangular box with a blue border contains the following text and images:

200PV PROMOTION

ICE BLUE® 5ML &
ICE BLUE® RUB

EXTENDED
TO 15TH OCTOBER 2018

Below the text are images of a small 5ml bottle of Ice Blue and a 120ml tube of Ice Blue Rub. The tube is labeled "dōTERRA ice BLUE RUB ATHLETIC CREAM" and "with proprietary CPTG™ Ice Blue™ essential oil blend".

RECEIVE A FREE ICE BLUE® 5ML AND ICE BLUE® RUB
(COMBINED RETAIL VALUE OF \$107.32 AUD OR \$118.00 NZD)
BY PLACING ANY SINGLE 200PV ORDER BEFORE 15TH OF OCTOBER 2018.

October Product of the Month is 15ml Tangerine (AU and NZ)

October

PRODUCT OF THE MONTH

TANGERINE
15ML
ESSENTIAL OIL



WELLNESS ADVOCATES AND WHOLESALE CUSTOMERS RECEIVE THIS FREE PRODUCT OF THE MONTH BY PLACING A SINGLE LRP ORDER OF 125PV OR MORE THROUGH THE AUSTRALIAN OR NEW ZEALAND WAREHOUSE BETWEEN 1-15 OCTOBER 2018.

Vanessa Jean's

Celebrate Life

Spearmint

Tangerine

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Vanessa Jean's
Dream Big Blend

Lime
Roman Chamomile
Hawaiian Sandalwood
Tangerine

Diffuse, or aromatically dress with maximum 5 drops to
10ml carrier oil or add to a roller bottle and use as
your purefume.

"I dare to dream big!"

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**October Local Special AU & NZ - 10% off 15ml
TerraArmour**



Head over to my [Monthly Specials](#) section on the website where I've collated inspired blends incorporating the monthly specials.

200PV US Special for October 2018

I normally won't direct you to the specials available in other countries (outside the Australia and New Zealand market), except that there is an amazing opportunity to obtain a rare essential oil - Clementine (a beautiful citrus oil). The other oils are also limited editions.

For the entire month of October, place any single 200 PV order (in the US) to receive one 5 mL Kumquat, one 5 mL Red Mandarin, one 5 mL Clementine, and a Car Diffuser for FREE! Limit 4 per account.

RECEIVE A **FREE** 5ML RED MANDARIN, 5ML KUMQUAT, 5ML CLEMENTINE, AND CAR DIFFUSER WITH ANY SINGLE 200 PV ORDER!

Take advantage of this offer
October 1- October 31, 2018.



Red Mandarin

- Uplifts mood
- Clarifying and toning to the skin
- Beneficial for the digestive system

Clementine

- Uplifting to the mind and emotions
- May support healthy respiratory, immune, digestive, and endocrine health.*
- Natural cleansing properties

Kumquat

- May help support healthy cardiovascular, digestive, immune, metabolic, and nervous system health.*
- Diffuse to uplift mood and refresh mind.
- Stimulating aroma provides feelings of revitalized energy.

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

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About to Travel?

doTERRA EMPOWERED LIFE SERIES

TRAVEL

REGISTER TODAY!

Dates:

**Wednesday, October 3rd 2018 -
Thursday, October 4th 2018**

Don't miss out on doTERRA®'s Empowered Life Series! This month (October

3–4), learn how you can incorporate dōTERRA natural solutions into your travel routine to keep your family happy and healthy!

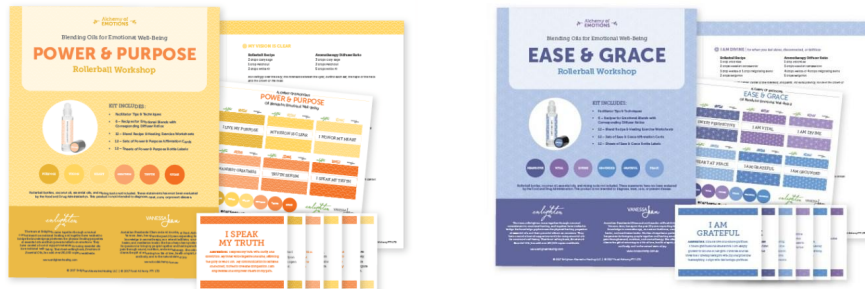
Register for one of the times below to join us!

<https://events.genndi.com/reg.../818182175026318645/736471d054>

Replays will be made available for everyone (whether you registered or not) shortly after. Check out the Empowered Life replays [here](#).



My Rollerball kits (co-created with Amanda Porter), are available for purchase through the [Shantistar](#) (Australia) and [Essential Oil Supplies](#) (UK).



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 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

About Vanessa Jean