

Inspiration from Food Alchemy with Vanessa Jean

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Hey there beautiful <<First Name>>, how are you feeling?

There has been much turmoil, change and confusion. Victorians have been thrown into a high intensity lock-down, with other parts of the world still in 'iso'. We are sending you all love and a warm embrace.

This newsletter is going to highlight beautiful blends that you can use as your 'aromatic anchors' during this time. Techniques to support you during troubled times and saying yes to the return to love.

So, snuggle in and let's begin.

In times of contraction of darkness, what do you turn to?

For me, it is gentle movement, walks in nature, time for meditation, prayer and devotional chanting, writing and the breath. I inhale deeply to affect change from within me. I use my trusted essential oils to support this journey. I create with my alchemical spirit, blends, concoctions, and elixirs to set my heart a'flame with joy!

As I inhale and experience the essence of my Rose essential oil, I am reminded of the value of scent and our sense of smell. Never underestimate the simplicity and power of the inhalation aligned with pure essential oils from Mumma Gaia. With these, you can transform your state extremely quickly.

All you ever need to do is take the lids off the essential oil bottles and inhale...

Next, notice *how you feel* and *where you feel the essential oil or blend go in your body*. It might be your head, chest, tummy, feet or one of your chakras for instance.

You can quieten the mind, ease stress and discomfort, harmonise moods, emotions, and chakras (the energy centres of the body) with your sense of smell and essential oils. The more deeply you inhale, the further the essential oils go and the greater impact they have on your psyche, mind, emotions. With a deep in-breath, you increase the power and potency of the 'Aromatic Anchor' that you create with any given scent.

When you take a moment to pause at the end of the inhalation, to notice what you experience, how you feel and where the aroma seems to travel to in your being, you create lasting memories associated with that scent. This can be with

a single note (one essential oil), or a blend. The memory becomes tied in with the aromatic signature of the essential oils you are working with and inhaling. This '*anchor*' then becomes something you can return to anytime you choose; it will assist you to return to that state via the memory stored in your limbic system. In simple terms, when you breathe in the aroma, the essential oil molecules travel up your nasal passage to the olfactory bulbs, then to the brain. They go directly to the limbic system- which is responsible for memory creation and is the emotional response centre of the brain.

You can use this technique of aromatic anchoring, for yourself and your loved ones. It is perfect to reset and to choose a new way of being. Children are very responsive to this, and it can assist the elderly (and all ages in fact) in times of loneliness and grief.

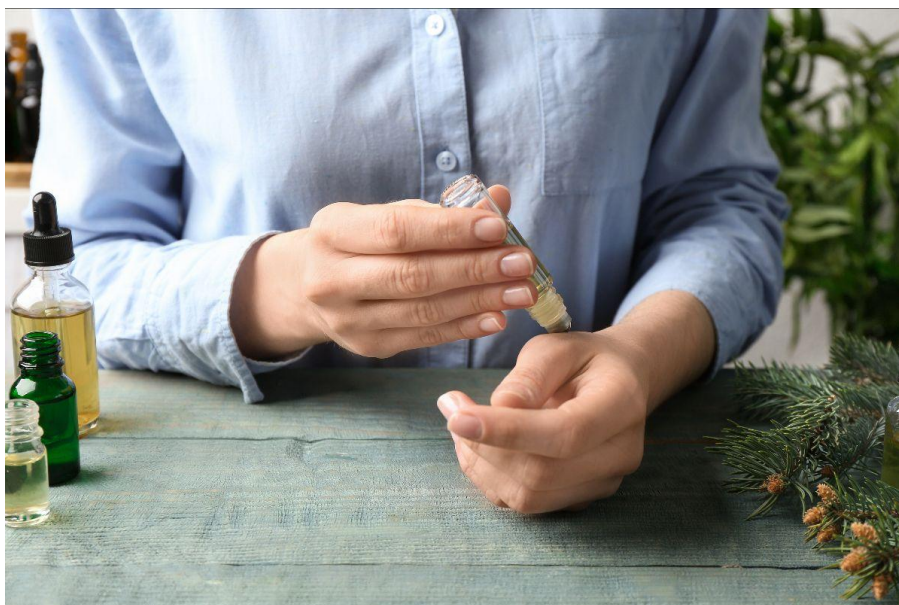
During this time of flux, change and challenge, create space to design your own personalised blend. One that you can anchor with to generate the emotional response of your choosing. You can use this to alter your moods, emotions, mental or spiritual state.

For example - you could create an aromatic anchor for 'study'. Whether at school or homeschooling, it can help focus the mind (Basil), enhance recall (Rosemary) and bring creative energy and joy (Lime &/or Wild Orange).

I have some sample blends that you can play with - use them any way you desire; diffuser, aromatically dress with them, create pure-fume or pulse-point blends, spritzer bottles and of course nasal inhalants. For a fast response go for a nasal inhalant - BOOM! It is effective and efficacious. You can take it anywhere you go! (I buy all my supplies for my creations from <https://www.diffusional.com.au/> I love their beautiful selection; the prices are fabulous and they are local and in our Tree of Love. Supporting this local business warms my heart. Their service and range is wonderful.



You can check out some of my alchemical creations on my Instagram <https://www.instagram.com/foodalchemy/>



Blend ideas for Aromatic Anchoring

Starry Night, Sweet Dreams

Blue Tansy + Black Spruce + Juniper Berry

Deep Sleep or Feeling Calm

Roman Chamomile + Vetiver + Cedarwood + Tangerine

Joyous Uplift

Green Mandarin + Wild Orange + Rosemary + Frankincense

Or:

Spearmint + Hawaiian Sandalwood + Lavender + Fennel

Warm Days

Cardamom + Black Pepper + Ginger

Sunshine

Bergamot + Turmeric + Ginger

How to make a Nasal Inhalant



Add your essential oils to a small bowl (think tapas/olive bowls). You just need 2-4 drops of each.

Then roll the soft cotton insert into the oils, allow it time to absorb the essential oils.

Now insert the cotton piece into the shaft of the nasal inhalant, take a sniff and enjoy!

Be sure to replace the lid after each use, to prevent the essential oils from flashing off (evaporating and losing their scent).

Nasal inhaler from <https://www.diffusional.com.au/>

In Joy & Love, Vanessa Jean



DigestZen 5ml - the AU and NZ Product of the Month

DigestZen essential oil blend is the Product of the Month in the AU and NZ markets, and a timely one because this highly versatile blend is perfect to support us during these tumultuous times.

Containing essential oils of Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon, and Fennel, this blend works with releasing any contraction in the tummy, where you “*can’t let it go*”.

When you are holding on emotionally, it prevents you from releasing, and then our pipes become blocked up. Because we feel incapacitated to move forward, we feel stuck and it materialises inside.

When you think about the regularity of your bowel actions, what does that bring up for you? Are you relaxed and cruisy or do you get uptight and afraid because it’s a journey for you? Maybe it’s painful for some of you. I ask myself when something isn’t functioning in my physical body, “*What have I been feeling leading up to this occasion?*”

Prepare yourself a beautiful cup of digestive herbal tea. Place 1 drop of DigestZen on a teabag. Alternatively, take ½ tsp of liquid coconut oil (not the doTERRA Fractionated Coconut Oil (FCO), which is for external application only), and add a drop of DigestZen, then stir this into your herbal tea. This will create movement, circulate energy, and digest the indigestible – i.e. any emotions you’ve had to stuff down, lots of information coming at you, studying for exams, managing work/family/study etc.

If you feel really wound up at night, unable to take deep breaths, feeling trapped by your emotions, take the lid off the DigestZen bottle and take a deep breath. As I mentioned above, **never underestimate inhaling your essential oils**. Notice how you feel as you inhale and where you feel it journey in your body. This helps enter us at night into rest, reset and digest.

Smell journeys up our nose to our limbic system in the brain, which is

responsible for emotional control and where we form memories. You formulate this memory, this anchor to *"DigestZen is my help to digest life and release these emotions that don't serve."* It is great to diffuse at the end of day care days to let all the emotions and thoughts out.

The individual oils in DigestZen are also incredible for respiratory support. So, when you feel those butterflies and anxious feelings, take a drop of DigestZen and put in FCO and rub over your chest. For belly support, rub clockwise over the tummy.

Consider DigestZen for sinus support: place 3 drops of DigestZen into a 10ml roller bottle, fill the rest with FCO and apply over the bridge of the nose and across the cheek bones and massage in (taking care to not get close to the eyes). Massage and open the sinus area.

When mentally, physically, and emotionally overwhelmed, that time of the month (moon bleed or ovulation), take DigestZen and FCO and massage clockwise over your belly.

If you are feeling nausea from overindulgence, (from food, or buying into your story), place a little onto the soft part of your hand (not a drop, just a smidge) and lick it off and then build up the saliva in your mouth and let the DigestZen start passing through the thin membranes in the mouth. This is called tracing. It is a safe way to bring tiny amounts into your body to bring rapid relief.

I hope this has expanded your repertoire of how you can use this most versatile of essential oil blends.

What's New?

Whisperings of the Goddess - 5 week course starting 3 October 2020

Join me on a journey into the sacred feminine exploring Archetypes, lunar cycles, pure plant magic... and of course – the Goddess.

[Book Now](#)

Almond Banana Bread

**INGREDIENTS - BREAD**

3 ripe bananas
3 eggs
3 drops Cinnamon Bark essential oil
1/2 tsp vanilla powder
1/2 tsp vanilla paste
1/2 cup coconut sugar
1/3 cup maple syrup
1/2 tsp Himalayan salt
1/4 cup extra virgin apricot kernel oil (any mild oil will do, e.g. almond, avocado)
1/2 tsp ground nutmeg
1 tbsp apple cider vinegar
1 tsp baking powder
2 cups almond flour (not meal)
1 cup paleo flour (if you don't want to use this, do 3 cups almond flour)

INGREDIENTS - TOPPING

1/2 cup walnuts, roughly chopped
3 tsp coconut sugar
1 drop Cinnamon Bark essential oil in 1 tsp maple syrup

METHOD

Preheat oven to 180 C, line 9 x 5 loaf pan with unbleached parchment paper.
Set aside.

Prepare topping - combine ingredients in a small bowl and set aside.

In a large mixing bowl, mash bananas with a fork.

Add eggs, maple syrup, sugar, oil, vanilla, Cinnamon Bark essential oil, apple cider vinegar, baking powder, nutmeg and salt; whisk until combined.

Add flour and stir - mix gently with spatula to combine.

Pour batter into prepared loaf pan, sprinkle the topping liberally over the mix and bake for 50 minutes or until skewer (inserted in the middle) comes out clean or the loaf bounces back to the touch.

www.foodalchemy.com.au



Choc Blissy Balls

Nut and seed mix - note all our nuts and seeds are activated (use whatever you have or create nut free version with seeds only).

Ingredients

3/4 cup cashews
3/4 cup almond
1 cup walnuts
1/2 cup pepitas
15 drops Green Mandarin essential oil
2 drops Tangerine essential oil
1 drop Turmeric essential oil
6 drops Cardamom essential oil
2 drops Cinnamon Bark essential oil
15 medjool dates, pitted
3 tbsp cacao powder
2 tsp Superfeast 'Mason's Mushrooms'
1 tsp Superfeast 'I am Gaia'
1/3 cup cacao nibs
1/4 cup bee pollen (optional - leave out if vegan)
1 tbsp coconut oil

Method

Process nuts and seeds first to a meal in your food processor/Thermomix.

Then add remaining ingredients and combine well.

Roll into balls and refrigerate.

Makes 26 medium balls.



**Never miss out knowing
what we're up to!**

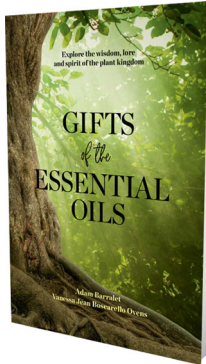
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This is a small sample of ways to use the oils. Visit my [website](#) for more inspiration!

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 pure essential oils**, and I use and recommend **dōTERRA essential oils**.

Gifts of the Essential Oils book now available in the USA!



This 248 page book takes you on a journey to connect with the voice of each essential oil, through their stories and their secrets. Join us along the path of discovery and healing physically, emotionally, mentally and spiritually as we unlock the power of the plant kingdom. Dive deeper into the magic of over 100 essential oils, including the rare and relatively unexplored, in this full-colour book overflowing with original blends, inspiring affirmations and mythology spanning the ages.

AU and NZ

NZ

USA

Canada

Europe

August Promotions

Learn more about this month's promotions here:

AU NZ August Promotions

US Promotions

Europe Promotions

About Vanessa Jean

Vanessa Jean, founder of Food Alchemy, author, 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.