

A top-down view of a wooden cutting board on a dark wooden table. The board is surrounded by fresh ingredients: a grey plate with meat, tomato, and onion skewers; a wooden bowl with tomatoes, onions, and bell peppers; and a small green bowl with dark seeds. A green cloth is tucked under the board.

*Restoration
Oils*

Eat for Health

Nutrition for immunity



How can nutrition support my immunity?

We all know that eating fresh food is good for our bodies, but do you know why? Having an understanding of how foods can help support your body will inspire you to want to include it in your life.

Antioxidants protect healthy cells

Fresh foods, in particular fruits and vegetables, are packed full of antioxidants like vitamins A, C & E. Usually foods that are bright colours (that aren't man-made!) contain the most.

That's why we love to say 'Eat the Rainbow!'

Antioxidants neutralise free radicals which occur naturally in our bodies, but attack our fats, proteins and even DNA. Free radicals come from our environment (pollution etc...) but also from normal metabolic processes in the body.

The more fresh food and antioxidants we consume, the better protected our healthy cells are.

Support growth and activity of immune cells

You've heard the saying 'you are what you eat?' Well, it's literally true.

What we eat is broken down and becomes the building blocks for our body.

Food isn't just the fuel for our bodies, like petrol in a car. If it were, we'd only be interested in how many calories were in it!

Food literally becomes the bricks and mortar that our cells are made of. Your body can only build with the materials you give it.

If you want a strong immune system, you have to feed your body the building blocks it needs to create that.

Symbiotic micro-organisms

80% of your immunity comes from your gut.

Believe it or not, we actually WANT you to have a diverse amount of bacteria and viruses in your gut to help you out compete the dangerous ones.

Best way to do that?

Eating, fresh, raw foods regularly.

Even better, grow your own or ferment those foods!

Raw fermented foods contain billions of microscopic organisms that protect your health, allow you to get more nutrition from your food and act as a first line of defence against pathogens.



A juice a day keeps the doctor away

Juice fasting is a convenient way to quickly give your body a break from all the toxins and processed foods we tend to eat and have a clean break before starting a new, healthier, nutrition plan. But you don't have to be that extreme!

Just adding one freshly pressed juice or smoothie each day will give your family a large boost of vitamins minerals and enzymes in a quick and convenient way. Smoothies and juices are one of my favourite lunches to prepare because it's a quick and easy way to get me and my kids eating a large number of fruits and vegetables.

You can add a delicious therapeutic boost to your juices and smoothies by blending in your doTERRA essential oils. I find a drop or two of lime essential oil is an easy way to get my children to drink a large amount of wheatgrass, spinach or kale, simply by saying it's 'lime flavoured juice'. I myself love adding a little on guard or ginger oil to an apple based smoothie in the winter.

So how to get started?

If you don't own a juicer, you can stick with smoothies, they're an easy way to begin.

Try using water, nut milk, kefir or lassi as a liquid. You can then add fresh or frozen fruit and vegetables. You can't go wrong, experiment!

"If you really want to change your health, start juicing today"

-Kris Carr

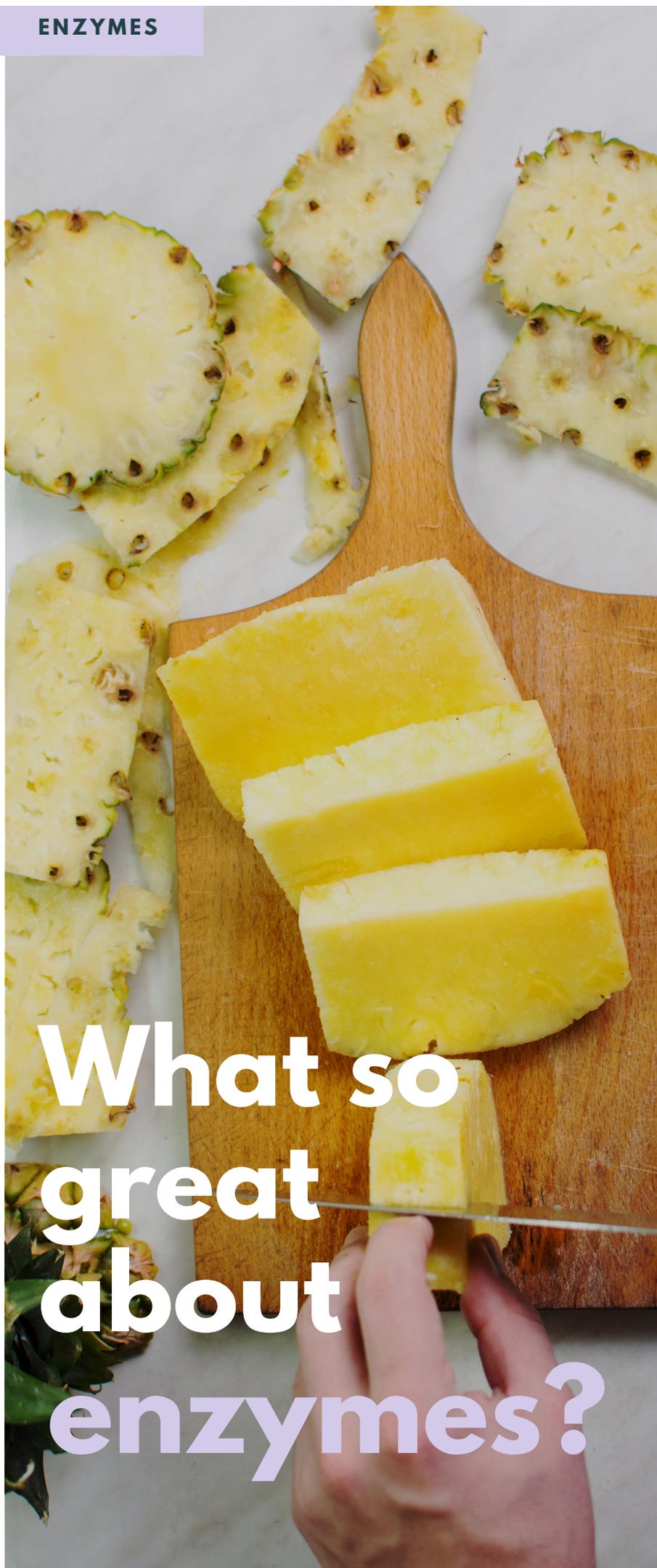
Add a handful of greens. Spinach has very little flavour but plenty of minerals. A handful of berries is great for antioxidants.

Taste it and don't like it? Add some oils to hide the flavour!

Juicing?

Long term goals, you should aim for at least half your glass to be made of vegetables rather than just fruit, but to begin with, just get started! A freshly pressed glass of juice is always better than a soda - even if it's all apples.

Get my [juice & smoothie recipes here](#).



What so great about enzymes?

Enzymes are the reason us nutrition geeks are always telling you to eat as much raw food as you can - be it juices or salads we love enzymes!

Enzymes are produced by your pancreas, small intestines and saliva, but they also occur naturally in all living foods!

Enzymes speed up chemical reactions in the body and help you to digest your food as well as performing vital chemical reactions throughout the body.

When we eat foods that are naturally high in enzymes (like pineapple which you may feel a slight tingling sensation from) our body doesn't have to work as hard to digest our food, reducing inflammatory reactions. This is why a lot of cultures will add fruit to marinades for meat dishes.

Less inflammation means our bodies aren't already burned out when we meet genuine threats to our immunity which require a significant immune response.

Ideally, at least 50% of every meal we consume should be raw ingredients. Most of us don't achieve that goal, and this is where supplementing with doTERRA's Terrazyme can be beneficial.

TerraZyme[®], Digestive Enzyme Complex



- Supports healthy digestion & metabolism of enzyme deficient, processed foods
- Promotes GI comfort & food tolerance
- Speeds conversion of nutrients to cellular energy

Enzyme

What it breaks down

Protease	Proteins & Amino acids
Amylase	Carbohydrates, Starches & Sugars
Papain	Proteins
Lipase	Fats & Oils to be absorbed in intestines
Sucrase	Sucrose into fructose & glucose for energy
Cellulase	Fruit & Vegetable fibers
Anti-Gluten Enzyme Blend	Gluten
Glucoamylase	Starches
Alpha Galactosidase	Sugars from legumes & cruciferous vegetables that cause bloating

Supplements are never an excuse for a poor diet, but they can be a useful addition to your diet, especially in the wintertime when we are more likely to face seasonal challenges, as well as generally getting less sunlight and exercise.

Taking enzymes with every meal is a great way to ensure that you are getting the most nutrition possible from your groceries, as well as making digestion easier and allowing your body to concentrate it's energy elsewhere.

When taken on an empty stomach, enzymes can enter the bloodstream and help the

immune system by digesting and disposing of toxins and free radicals.

Taking enzymes like this can help reduce inflammation because if there's nothing to fight, the body allows itself to relax, giving your immune system space to repair and build resources.

Different enzymes have different functions, which is why it's important to eat a wide and varied diet, not the same things all the time.



Plan your Meals

Decision fatigue is probably the biggest reason that you get to the end of the day and feel exhausted by the question "what shall we have for dinner?"

When we have to make hundreds of decisions all day, every day, we get lazy and start making poor decisions which take the least amount of energy - usually conveniently packaged processed foods.

Removing the decision making process makes following a healthy diet so much easier.

I love to use the software Plan to Eat. On a Sunday, we sit down and every member of the family gets to choose a couple of meals to add to the next week's plan.

We make it easy by having a few set meals (grain-free pizza every Saturday night - yes, you can still eat pizza!) and then filling in the gaps with new meals or family favourites. The software generates a shopping list which we take to the store and we buy only what's on the list.

That's it. When it comes to making dinner, I don't have to ask the family 'what do you want

for dinner tonight?' because we've already agreed on it, and any person can start making the meal following the simple step by step instructions in the app.

If you'd like to give it a try for free for 30 days, you can [use this link to sign up](#) and get all the recipes that I use with my family for free, including the ones I use when I'm juice fasting.

WHY YOU SHOULD BE TAKING LIFELONG VITALITY

OBSTACLES THAT GET IN THE WAY OF HEALTH



HIGH STRESS LEVELS



**LACK OF EXERCISE
AND SLEEP**



**NUTRIENT DEFICIENCIES
CAUSED BY DIET**



EXPOSURE TO TOXINS

Health status is based on many different factors, some we control and other we cannot. We face many challenges to our health simply because of the world we live in, presenting extra challenges for maintaining a healthy lifestyle.

NUTRIENT DEFICIENCIES

A majority of American adults (19 and older) are not reaching their daily requirements for vitamins A, D, C, and E, as well as magnesium and calcium.



**VITAMIN D
DEFICIENT**



**VITAMIN E
DEFICIENT**



**MAGNESIUM
DEFICIENT**



**VITAMIN A
DEFICIENT**



**CALCIUM
DEFICIENT**

WHEN NUTRIENTS ARE NOT MET



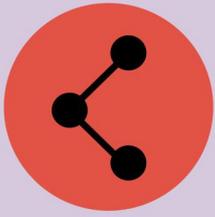
- Nutritional deficiencies can lead to more serious health issues
- Existing health conditions may worsen
- May begin to experience increased fatigue, weakened bones, threats to cardiovascular and mental health

WHY SUPPLEMENT



- Promote overall wellness
- Make up for nutritional deficiencies
- Address individual health issues
- Support overall health during aging
- Combine with exercise and healthy eating habits for a well-rounded lifestyle

BENEFITS OF LIFELONG VITALITY SUPPLEMENTATION



**ANTIOXIDANT
SUPPORT**



IMMUNE SUPPORT



ENERGY SUPPORT



NUTRIENT SUPPORT

THE LIFELONG VITALITY DIFFERENCE

NATURAL VS SYNTHETIC INGREDIENTS



- 90% of supplements on the market are made of synthetic nutrients (isolated minerals produced in a laboratory)
- Synthetic nutrients are not easily recognized/absorbed and may build up within the body
- LLV only includes whole food/non-gmo ingredients and CPTG essential oils, containing a patented formula designed to promote bioavailability (absorption and utilization in the body)

PRICE COMPARISON



- Supplements with equivalent ingredients to the LLV Program would cost \$200-\$300
- LLV supplements are the most cost-effective and convenient method of promoting a healthy lifestyle
- LLV Program has a 30-day money back guarantee

Ready to take the 30-day Lifelong Vitality challenge...?

Ask your doTERRA coach wellness advocate how you can get your hands on some.
Don't have a coach yet?

[Book a free wellness consultation](#) with me!

I'd love to help you get started.

30 Day Challenge

Have you experienced the life-changing benefits of Lifelong Vitality?

How to use the Lifelong Vitality Pack

Take one serving, **TWICE** each day with food to look, feel, and live younger, longer*. One serving consists of:

- 2 capsules of Alpha CRS®+
- 2 capsules of xEO Mega®
- 2 capsules of Microplex VMz®



*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.

Step 1:

Rate these statements: 1 = Never me! 5 = Always me!

My sleep is satisfying and I awake feeling rested

I live a life free of chronic aches and pains

I have strong immune function and resist getting sick

I am emotionally balanced and not stressed or anxious

I have energy and vitality throughout the day

My mental focus and memory are quick and sharp

My skin and hair are healthy and beautiful

Would you like to improve your lower scores?

How would your life change if these areas of your health improved?

Step 2:

Start Date: _____

When you take LLV twice a day for 30 days, you'll start to see a difference in how you feel. Use this calendar to stay on track – check off each box after you take your LLV.

1 AM PM	2 AM PM	3 AM PM	4 AM PM	5 AM PM
6 AM PM	7 AM PM	8 AM PM	9 AM PM	10 AM PM
11 AM PM	12 AM PM	13 AM PM	14 AM PM	15 AM PM
16 AM PM	17 AM PM	18 AM PM	19 AM PM	20 AM PM
21 AM PM	22 AM PM	23 AM PM	24 AM PM	25 AM PM
26 AM PM	27 AM PM	28 AM PM	29 AM PM	30 AM PM

Step 3:

After 30 days, rate these statements again:

1 = Never me! 5 = Always me!

My sleep is satisfying and I awake feeling rested

I live a life free of chronic aches and pains

I have strong immune function and resist getting sick

I am emotionally balanced and not stressed or anxious

I have energy and vitality throughout the day

My mental focus and memory are quick and sharp

My skin and hair are healthy and beautiful

Do you notice a difference?

Which areas of your health have improved?



Immunity PROTOCOL

IMPROVE YOUR OVERALL IMMUNITY BY FOLLOWING THESE STEPS.
ALLOW 1-3 WEEKS OF COMMITTED PRACTICE TO SEE RESULTS.

DAILY ROLLER



Combine 5 drops of each: On Guard®, Frankincense, Melissa, Lemon, Tea Tree, and Copaiba in a 10mL roller and top with Fractionated Coconut Oil. Roll up and down spine, on bottom of feet, and on pulse points 2-3x a day.

DIFFUSE



Diffuse throughout the day Wild Orange and On Guard®, Peppermint and On Guard®, or Lemon and Copaiba.

TAKE INTERNALLY



Take Lifelong Vitality Supplements as directed, typically with breakfast and lunch. Take 1 On Guard® Softgel with breakfast, and take 1 capsule of one drop each Copaiba, Tangerine, Black Pepper, & Frankincense with lunch.

LIFESTYLE



Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables. Wash hands and use hand sanitizer frequently. Manage stress with Adaptiv®, Balance®, and Serenity®. Exercise or take a brisk walk for 15-20 minutes 3-5 times a week.

TRACK YOUR PROGRESS

S M T W T F S

Week 1



Roller
Diffuse
LLV
OG Softgels
Capsule
Reduce Sugar
Exercise

S M T W T F S

Week 2



Roller
Diffuse
LLV
OG Softgels
Capsule
Reduce Sugar
Exercise

S M T W T F S

Week 3



Roller
Diffuse
LLV
OG Softgels
Capsule
Reduce Sugar
Exercise