



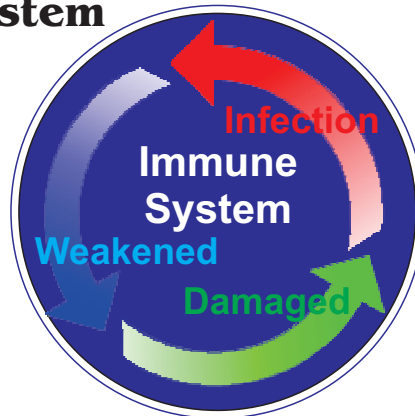
Education beyond the basics
Lesson 2: Power of Proper Health

Lesson 2: Power of Proper Health

Notes

Boosting the Immune System

The immune system protects the body against infection, the invasion of foreign objects, and the development of diseases. Supporting the immune system is a comprehensive and important task. Achieving proper health boosts the immune system, increasing the body's ability to resist diseases, bacteria and viruses.



Key Factors to Having a Healthy Immune System

Proper Nutrition Sleep and Relaxation Managing Stress

Proper Nutrition

Balanced Diet

- Eat plenty of fruit and vegetables
- Limit saturated fats
- Drink half your body weight in ounces of water per day

Long Life Vitality Pack

Now with a vegan option



Alpha CRS+ Cellular Vitality Complex

- Provides support to antioxidant defence network
- Provides powerful DNA protection against nucleic oxidation
- Provides Important factors of cellular energy and metabolism
- Supports healthy genetic expression of cellular longevity factors
- Supports healthy inflammatory response to oxidative stress in cells
- Supports a healthy brain function, memory and mood
- Supports cardiovascular health



Notes

xEO Mega Essential Oil Omega Complex

- Promotes cardiovascular health by reducing oxidative stress
- Mediates healthy cellular response to inflammatory markers
- Supports healthy joint function and comfort
- Provides important modulating nutrients for healthy immune function
- Protects against lipid oxidation
- Supports healthy function of the brain
- Promotes healthy skin



Microplex Vmz Food Nutrient Complex

- Provides a comprehensive array of whole-food vitamins
- Provides support to antioxidant defence network
- Provides important factors of cellular energy and metabolism
- Supports a healthy response to stress
- Supports cardiovascular health
- Provides important bone nutrients



DDR Prime - Essential Oil Cellular Complex

- Supports healthy cell function
- Includes essential oils of:
 - Frankincense, Wild Orange, Lemon, Thyme, Summer Savory, Clove, Niaouli
- Offered as both essential oil blend and convenient liquid capsules



Reduce Toxic Load

The small intestines house healthy bacteria called intestinal flora

Intestinal Flora

Symbiotic bacteria occurring naturally in the intestine. Micro-organisms that normally inhabit the lumen of the intestine.

Some things that destroy intestinal flora

- Antibiotics
- Processed Foods
- Chlorinated Water
- Stress
- Processed Sugars
- Animal Products

Cleansing:

Suggested doTERRA products to use



- Lemon and other citrus oils
- Flushes toxins and petrochemicals from body
- Take internally 1 - 2 drops per day in a glass of water
- GX Assist
- Cleanses your digestive tract
- Take 1 - 3 capsules with meals for 10 days
- PB Assist+
- Helps support and replenish healthy intestinal flora in digestive tract
- Take 1 - 3 capsules with meals for 5 days



Sleep and Relaxation:

Rest is just as important as exercise and good diet

Individuals who experience insufficient sleep have an increased incidence of illness

Suggested doTERRA products to use

- Lavender
- Roman Chamomile
- Marjoram
- Serenity



Suggested daily routine

Morning Routine



- Apply to bottom of feet
- Apply to temples
- Apply to base of skull

Night Routine



- Diffuse
- Use in Bath
- Apply to feet and spine

Managing Stress:

Emotional and mental stress levels directly impact the immune system. This relationship is referred to as a Psychoneuroimmunological interaction. When experiencing high levels of emotional or mental stress, the body's immune function decreases. Learning to manage stress levels is an important aspect of proper health.



Psychoneuroimmunology (PNI) - the study of interactions between emotional and mental states and the nervous and immune system.

Notes

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Diffusing:

Suggested doTERRA products to use:

- Citrus Bliss
- Frankincense
- Elevation
- Lavender

Suggested Application

- Diffuse in home or office
- Place 3 - 4 drops in warm water
- Use with hand or foot massage



Building Immunity with OnGuard:



OnGuard essential oil.

- Contains wild orange, clove, cinnamon, eucalyptus and rosemary essential oils.
- Rub on feet as a great preventative
- Diffuse in a room to eliminate airborne pathogens
- Dilute in a spray bottle to clean surfaces, telephones and doorknobs
- Take several drops in an empty gelatin capsule for immune support

OnGuard Protecting Throat Drops.

- Soothing to the throat
- Helps fight off germs
- Builds immunity
- Anti-microbial
- Contains myrrh

OnGuard Foaming Handwash.

- Wash hands to safely and gently sanitise
- Place at every sink in your home
- Great to use on cuts and abrasions

OnGuard Natural Whitening Toothpaste.

- Fluoride free
- Protective from harmful pathogens
- Reduces Plaque
- Whitens teeth



OnGuard Cleaner Concentrate.

- Mix 2 Tbsp with 600ml water to clean surfaces
- Use 1 Tbsp with detergent to help eliminate odors and microbes in laundry
- Mix 3 Tbsp per 4 litres of water for washing dishes
- Mix 3 Tbsp with 4 litres of water to clean bathrooms

Brand NEW OnGuard Laundry Detergent.

- 6 X concentrated
- 64 loads of washing
- 10 ml OnGuard in every bottle
- It is color safe for washable fabrics at all temperatures
- Free of synthetic fragrances, dyes, and toxins
- Top load washers: ¼ cap (1 TBSP)
- Conventional Washers: ½ cap (2 TBSP)
- Put a small amount of detergent directly on stains. Let sit for 3–10 minutes



Loyalty Rewards Program

Months 1 to 3	Months 4 to 6	Months 7 to 9	Months 10 to 12	Months 13+
10%	15%	20%	25%	30%

- Free Products
- Completely Optional
- Flexible Dates (1st to 28th)
- View Reward Points Online
- 50PV Accrues Points
- 125 PV by the 15th = **Free** Product of the Month (POM)

Goal Setting

Developing the skill of SMART goal setting has the potential to make significant difference in your business. It provides a solid platform for:

- **Starting your business**
- **Making strategic decisions**
- **Creating a business plan which incorporates your short and long term business growth goals**

If you don't know how to set SMART GOALS, then you may well not be realising the full potential of your business.

SMART goal setting can add clarity, focus and purpose to building a business.

SMART Goal Setting in 5 Easy Steps

Step	Mnemonic	Description	SMART Goal	Criteria Met
1	S pecific			<input type="checkbox"/>
2	M easurable			<input type="checkbox"/>
3	A ction Oriented			<input type="checkbox"/>
4	R ealistic & Relevant			<input type="checkbox"/>
5	T ime Based			<input type="checkbox"/>

Step 1 - What is the SPECIFIC objective? _____

Step 2 - Is it MEASURABLE? - How much or how many? _____

Step 3 - What ACTION has to occur to make this happen? _____

Step 4 - Is this REALISTIC? Only you can answer this. _____

Step 5 - TIME based - When should this be done? _____

Make sure your goals are "I AM" goals. Goals should always be present tense ... "I am a Diamond IPC", "I make \$2000 a month in my business"



Your specific goals are what you want to attain because they are what will make your life joyful and bring your family's life into congruence with what you want it to be. - **Jim Rohn**



Book Recommendation -

***Mach II With Your Hair On Fire* - by Richard Bliss Brooke**

<http://www.amazon.com/Mach-II-With-Your-Hair-ebook/dp/B006G2X2FQ>

Today's Goal

Step 1 - What is the SPECIFIC objective? _____

Step 2 - Is it MEASURABLE? - How much or how many? _____

Step 3 - What ACTION has to occur to make this happen? _____

Step 4 - Is this REALISTIC? Only you can answer this. _____

Step 5 - TIME based - When should this be done? _____

This Week's Goal

Step 1 - What is the SPECIFIC objective? _____

Step 2 - Is it MEASURABLE? - How much or how many? _____

Step 3 - What ACTION has to occur to make this happen? _____

Step 4 - Is this REALISTIC? Only you can answer this. _____

Step 5 - TIME based - When should this be done? _____

This Month's Goal

Step 1 - What is the SPECIFIC objective? _____

Step 2 - Is it MEASURABLE? - How much or how many? _____

Step 3 - What ACTION has to occur to make this happen? _____

Step 4 - Is this REALISTIC? Only you can answer this. _____

Step 5 - TIME based - When should this be done? _____

3 Month's Goal

Step 1 - What is the SPECIFIC objective? _____

Step 2 - Is it MEASURABLE? - How much or how many? _____

Step 3 - What ACTION has to occur to make this happen? _____

Step 4 - Is this REALISTIC? Only you can answer this. _____

Step 5 - TIME based - When should this be done? _____

6 Month's Goal

Step 1 - What is the SPECIFIC objective? _____

Step 2 - Is it MEASURABLE? - How much or how many? _____

Step 3 - What ACTION has to occur to make this happen? _____

Step 4 - Is this REALISTIC? Only you can answer this. _____

Step 5 - TIME based - When should this be done? _____

1 Year Goal

Step 1 - What is the SPECIFIC objective? _____

Step 2 - Is it MEASURABLE? - How much or how many? _____

Step 3 - What ACTION has to occur to make this happen? _____

Step 4 - Is this REALISTIC? Only you can answer this. _____

Step 5 - TIME based - When should this be done? _____

Classes in the Series

Class 1: Essential Oil Foundation

Class 2: Power of Proper Health

Class 3: Body Systems

Class 4: Natural and Permanent Weight Management

Class 5: Mood Management and Emotional Health

Class 6: Pain Management and Body Balancing with Aroma

Touch Technique

Class 7: Family Health and Hormone Balance

Class 8: Essential Science

