

Education beyond the basics
Lesson 4: Permanent and Natural
Weight Release



Lesson 4: Permanent and Natural Weight Release

Breaking down the fat

Maintaining a healthy body includes, releasing stored fat and increasing your caloric expenditure.



How Much Weight Do You Want To Lose?

Fat Loss (per week)	Decrease Daily caloric intake	Increase Daily caloric expenditure Moderate exercise * (Jog, aerobics, swim)	Increase Daily caloric expenditure Vigorous exercise * (Run, cycle, jump rope)
500 gram ●	500 cal/day	1 hour	40 minutes
1 Kg ●	1000 cal/day	2 hours	1 hour 30 min
1.5 Kg ●	1500 cal/day	3 hours	2 hours
2 Kg ●	2000 cal/day	4 hours	2 hour 40 min
2.5 Kg ●	3000 cal/day	5 hours	3 hour 20 min

* For average 70Kg adult age 31 - 50, calories burned varies on body mass and level of effort.

500 grams of fat - 3500 stored calories

- **Healthy Fat Loss:** Fat loss of 500g to 1Kg per week through caloric reduction with moderate exercise program
- **Caution:** Fat loss of 1.5Kg per week requires more strict caloric reduction coupled with vigorous exercise training program
- **Not Recommended:** Fat loss of 2Kg or more per week likely includes severe caloric restriction or dehydration and muscle loss

Slim & Sassy

This simple blend contains five natural essential oils.
NO CALORIES, NO SWEETENERS & NO PRESERVATIVES

Cinnamon - Improves liver function, inhibits new fat cells from forming, reduces diabetic risk, helps with serum lipid balance.

Ginger - Stimulates weight loss through lipolysis (fat burning), calms the stomach.

Peppermint - Enhances sense of fullness, reduces cravings and appetite, energises the body.

Grapefruit - Helps reduce appetite, induces lipolysis (fat burning), helps dissolve petrochemicals in the body.

Lemon - Helps reduce appetite, induces lipolysis (fat burning), helps dissolve petrochemicals in the body.



Notes

Notes

How Slim & Sassy Works

- Helps manage appetite and lifts mood during dieting
- Supports healthy metabolism of fat and energy
- Supports healthy insulin response
- Supports management of toxins
- Helps the body “deflate” current fat cells and stops the body from producing more fat cells



Suggested Uses

- 3 - 5 drops in water, 3 - 5 times per day
- OR 3 - 5 drops on the tongue, 3 - 5 times per day
- OR 6 - 10 drops in a capsule, 3 times per day



Lifelong Vitality Trio

Provides essential nutrients during calorie restriction, great on Chronic Pain and supports healthy insulin response.



Mito2Max - Energy & Stamina Complex

- Cordyceps Sinensis
- Ashwagandha
- American Ginseng

NO STIMULANTS!

Provides essential nutrients during calorie restriction, great on Chronic Pain and supports healthy insulin response.



TerraZyme

- Supports nutrient absorption
- Supports cellular metabolism
- Supports healthy insulin response

GET MORE FROM LESS!



Zendocrine

Blend of WHOLE food extracts, supports cleansing functions of the liver, kidneys, colon, lungs and skin.

Zendocrine Detoxifying Essential Oil Blend:
Clove, Geranium, Grapefruit and Rosemary.

TrimShake

- Helps control cortisol levels which trigger accumulation of fat around stomach, hips and thighs
- Helps reduce stress-induced appetite and carbohydrate cravings
- Supports cellular energy production

TrimShake is low fat, less than 200 calories, provides 16 grams of protein, and is high on fibre. It also has a low-glycemic load with nothing artificial!



Notes

Energy Protein Bar with TrimShake

- 2 cups Organic Peanut Butter
- 2-1/2 cups Chocolate TrimShake
- 1-3/4 cups Agave
- 3-1/2 cups Rolled Oats

Mix peanut butter and agave. Heat in microwave 60-90 seconds. Add TrimShake powder and oats. Mix. Spread in 20 x 30 pan. Refrigerate 1 hour. Cut and serve like a no bake cookie.

Tropical Breeze TrimShake

- 1-2 scoops Vanilla TrimShake
- 1-2 cups Nonfat Milk
- 2 Strawberries, 2 Chunks Fresh Pineapple, 1 Peach
- 2 drops doTERRA Wild Orange Essential oil
- 4-6 Ice Cubes

Mix in blender on medium for 1 minute or until smooth. Pour into tall glass and enjoy!

Berry Spinach TrimShake

- 8 oz Almond Milk
 - 2 scoops Vanilla TrimShake
 - 8 oz Ice
 - ½ to 1 cupo Strawberries/Raspberries/Blueberries
 - Handful of Spinach (washed)
- Pour all ingredients in blender and serve (2 servings)

Chocolate Banana TrimShake

- 1-2 scoops of Chocolate TrimShake
 - 1-2 cups of Nonfat Milk
 - 4-6 Ice Cubes
 - 1 Banana
- Mix in blender on medium for 1 minute or until smooth. Pour into tall glass and enjoy!

Notes

Lifestyle Changes

Diet

High water content, whole, fresh fruits & vegetables



Complex carbs & whole grains, legumes & vegetable proteins, starchy fruits & vegetables



Low fat animal proteins, protein rich nuts and seeds



Simple sugars, dressing & spreads, desserts



Exercise

Exercise 30 - 45 minutes a day.

Suggested doTERRA products to use

- Lemongrass
- Peppermint
- Deep Blue
- Deep Blue Rub



Slim and Sassy Weight Loss Program

	10 days (Cleanse)	20 days (Restore)	30 days (Maintain)
Between Meals	Slim & Sassy	Slim & Sassy	Slim & Sassy
Morning Meals	TrimShake LLV Supplements TerraZyme (1) GX Assist (1)	TrimShake LLV Supplements TerraZyme (1) PB Assist + (1) *	TrimShake LLV Supplements TerraZyme (1)
Between Meals	Slim & Sassy	Slim & Sassy	Slim & Sassy
Noon Meal	TrimShake TerraZyme (1) GX Assist (1)	Healthy Meal or TrimShake TerraZyme (1)	Healthy Meal or TrimShake TerraZyme (1)
Between Meals	Slim & Sassy	Slim & Sassy	Slim & Sassy
Evening Meal	Healthy Meal LLV Supplements TerraZyme (1) GX Assist (1) Zendocrine (1) Zendocrine Blend **	Healthy Meal LLV Supplements TerraZyme (1) PB Assist + (1) * Zendocrine (1) Zendocrine Blend **	Healthy Meal LLV Supplements TerraZyme (1)
Between Meals	Slim & Sassy	Slim & Sassy	Slim & Sassy
Exercise	Aerobic (45 min/3x week) Resistance (45 min/3x week) Flexibility (15 min daily)	Aerobic (45 min/3x week) Resistance (45 min/3x week) Flexibility (15 min daily)	Aerobic (45 min/3x week) Resistance (45 min/3x week) Flexibility (15 min daily)

* PB Assist + will last for 15 days (2 capsules per day for 15 days in a 30 count bottle)

** Zendocrine blend of clove, geranium, grapefruit and rosemary, 5 drops of blend per day with food

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)

How To Invite

One of the first steps in building your business is hosting a class. With the help of your sponsor (or upline), set a date for your class.

3 steps to proper invite

- **Extend an invitation in person - Always over invite!**
Not everyone will show up, so a minimum of 20 or more people is important
- **Create another “touch” point**
After you have invited in person, let them know you will be emailing them a flyer or dropping a flyer off at their house
- **Text or call the day of their class**
Tell them you have something special for them at the class (empower kit, small sample vial, A-Z guide - just remember people like FREE things)

TIPS FOR SUCCESS

- Keep in mind the question, “What is in it for them”
- Provide advance notice
- Provide a positive product experience beforehand, if possible
- Create a sense of urgency
- Pick them up for the class

Remember ... you don't need to give too much information, you want them to come to the class..

Just like you wouldn't ask someone to marry you on the first date - Just whet their appetite, so they want to attend.

Also remember only one person attending is a class. Do not be discouraged. Use it as a training experience.



Get An Empower Kit

From <http://www.mydoterra.com> with your order



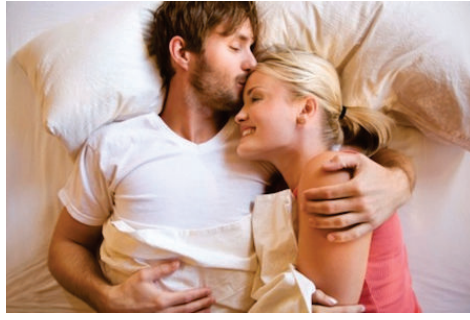
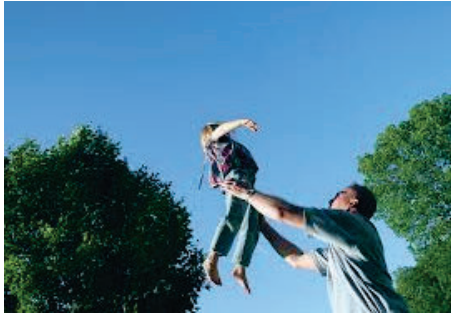
Knowledge fuelled by emotion equals action.
- Jim Rohn



Book Recommendation -

***How to win friends and influence people* - by Dale Carnegie**

<http://www.amazon.com/How-Win-Friends-Influence-People/dp/0671723650>



Congratulations on becoming an Independent Product Consultant with doTERRA. These tested pure, certified therapeutic essential oil products are redefining healthcare throughout the world. These are the highest quality essential oils available. With this training series you will take your knowledge to a new level, beyond the basics. You will also be able to teach your growing team about these incredible products. This will enable individuals to take control of their own health and well being.

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



The advice shared has not been evaluated by the TGA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace medical help. As members look for answers, kindly understand that essential oils work to help bring the body into balance - thus helping the body's natural defences to restore homeostasis. essential oils are not used to "treat" medical problems.