



Education beyond the basics
Lesson 7: Hormone Balance and
Family Health

Lesson 8: Hormone Balance and Family Health

Common Conditions that Effect the Family

- Hormone Imbalance
- Skin Care
- Hair Care

Hormone Balancing

Beginning as a young adult, almost every function of the body is controlled by hormones. A balance of normal hormone levels will influence good health and emotional well being for the body.



Hormone Support for Women

Phytoestrogen Lifetime Complex

- Reduces symptoms associated with PMS and the transition through menopause
- Supports healthy bones, heart and breast tissue



Solace Monthly Blend

- Helps manage symptoms of PMS and the transitional phases through menopause
- Provides ease from cramps, nausea, hot flashes and emotional swings



Additional oils for women:

Clary Sage, Coriander, Cypress, Fennel, Geranium, Ylang Ylang and Whisper

Hormone Support for Men

Testosterone - produced for three main reasons in the body: masculinity, promotes organ growth and protein anabolism. Low levels of this hormone can cause elevated stress on the whole body and mood swings.

Cypress

- Stimulates the function and production of testosterone
- Relaxes and repairs nerves that become damaged due to stress
- Cleans up the system and prevents tumor-like growths
- Balances the breathing cycle which stimulates blood circulation



Sandalwood

- Relaxes the limbic/nervous system
- Works as an aphrodisiac agent
- Puts the body in a state of repair



Whisper

- Builds and repairs the male endocrine system
- Increases testosterone
- relaxes and repairs nerves that become damaged due to stress
- May help calm and relax, relieving feelings of anxiety



Notes

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Skin Care

The skin is our body's first defence against exposure to the environment. It protects our internal organs. Maintaining proper care of the skin is important to overall health.

Products to use for common conditions:

Cellulite

- Slim & Sassy
- Grapefruit
- Rosemary

Excema

- Clear Skin
- Malaleuca
- Geranium

Psoriasis

- Roman Chamomile
- Lavender
- Helichrysum

Scarring

- Lavender
- Immortelle
- Frankincense

Skin Care Line

Essential skin care is a family of skin care products designed to maximise the power of essential oils in keeping skin healthy. These products aid in cellular regeneration, an important aspect to skin care. The nutrients and proteins provided by plant-based products also help to maintain skin's collagen. These products have what it takes to provide the skin with the needed energy and healing qualities to stay healthy, looking younger for longer.



Essential Skin Care Products

Cleanse

Facial Cleanser - Gentle Cleanser

- Malaleuca
- Peppermint



Clear Skin Foaming Face Wash - Troubled Skin

- Malaleuca
- Rosewood



Tone

Pore Reducing Toner - Calm, Balance and Reduce pore size

- Lavender
- Ylang Ylang
- German Chamomile



Target

Tightening Serum - Naturally tighten and smooth skin

- Frankincense
- Sandalwood
- Myrrh

Clear Skin - Topical blend

- Black Cumin Seed
- Rosewood

Immortelle - Anti-Aging Blend

- Frankincense
- Helichrysum
- Rose



Nourish

Hydrating Cream

- Lavender
- Geranium

Anti-Aging Moisturiser

- Jasmine
- Frankincense



Exfoliate/Polish

Invigorating Scrub - Exfoliate

- Grapefruit
- Peppermint
- Jojoba Beadlets
- Brown and Red Algae



Essential Tips: Many skin conditions are actually an internal infection and the skin irritation is only a manifestation of an internal candida problem. Consider using GX Assist followed by PB Assist to rebuild your probiotics.

Scalp and Hair Care

Salon Essentials is a line oil infused hair care products.

Using essential oils on the scalp and hair can have wonderful effects. For instance, chemicals that have been placed on the scalp during hair treatments can be removed, even poor diet can be extracted. In addition, the healing qualities of the oils can be massaged directly into the hair follicles.

Protecting Shampoo

- Colour safe, sulfate free
- Protects against UV damage
- Emollients to reduce drying
- Wild Orange and Lime Oil



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Smoothing Conditioner

- Colour safe
- Seals against water damage
- Smoothing ingredients
- Includes Root to Tip oil blend



Root to Tip Serum

- Proprietary blend of essential oils
- Light-weight, leave-in serum
- Protects against heat damage
- Formulated with argan oil
- Includes eight essential oils: Lavender, Cedarwood, Lavandin, Marjoram, Niaouli, Rosemary, Eucalyptus and Peppermint.

Healthy Hold Glaze

- All-in-one flexible hold styling aid
- Colour and thermal protection
- Soft, natural-looking hold
- Includes Root to Tip oil blend
- Tangerine oil



Kid's Corner

IQ Mega - Omega 3 Complex

- Deodorized, flavourless
- 1000mg omega 3's per serving
- Pure, filtered marine lipids
- Wild Orange essential oil



A2Z - Micronutrient Complex

- Chewable tablet
- Vitamin and mineral blend
- Alpha CRS+ antioxidant blend
- Whole-food extract blend
- All-natural flavours, sweeteners



InTune - Focus Blend

- Frankincense, Lime and Hawaiian Sandalwood - helps with focus and attention span
- Ylang Ylang, Amyris and Roman Chamomile - has calming and soothing properties.



Loyalty Rewards Program

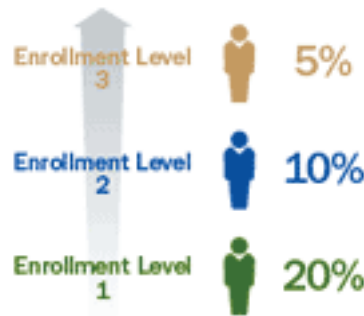
Months 1 to 3	Months 4 to 6	Months 7 to 9	Months 10 to 12	Months 13+
10%	15%	20%	25%	30%

- 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)

Compensation Plan

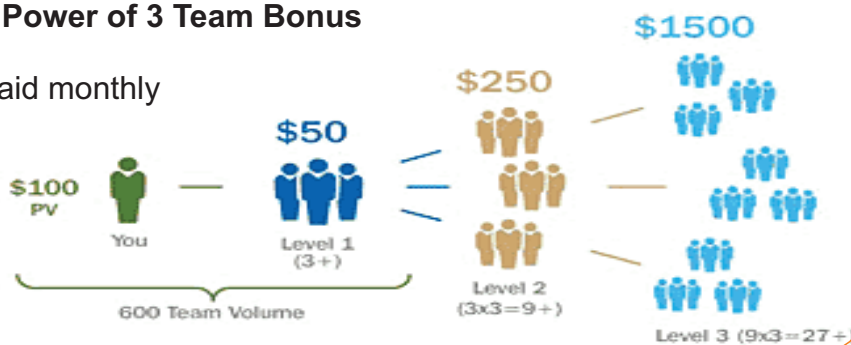
Fast Start Bonus Paid weekly

Paid on new enrollee volume for their first 60 days. Enroller must be on 100PV Loyalty Rewards Program to participate.



Power of 3 Team Bonus

Paid monthly



Unilevel Chart Compensation Plan

Level	Unilevel	# of IPCs	Total Volume	Monthly Income
1	2%	3	\$450	\$59
2	3%	9	\$1350	\$300
3	5%	27	\$4,050	\$1,752
4	5%	81	\$12,150	\$2,360
5	6%	243	\$36,450	\$4,547
6	6%	729	\$109,350	\$11,108
7	7%	2187	\$328,050	\$34,071

This example is based on a perfect duplication of 3 person enrollment 7 levels deep, with no attrition. All monthly figures include Power Of 3 Bonus. Individual results will vary.

Performance Pools

Performance pools reward leadership ranks with shares from a percentage of the GLOBAL PV each month. You can earn extra shares by enrolling new Elites and Premiers.

Global PV each month 2%
 Global PV each month 1%
 Global PV each month 1%

Leadership Performance Pool
 Silver: 1
 Gold: 5
 Platinum: 10
** Earn extra shares for new Elites*

Diamond Performance Pool
 Diamond: 1
 Blue Diamond: 2
 Pres. Diamond: 3
** Earn extra shares for new Premiers*

Diamond Pool
 Diamond: 1
 Blue Diamond: 1
 Pres. Diamond: 1
** Earn extra shares for new Premiers*



- Rule #1:** Prospect On Purpose
- Rule #2:** Follow-Up Every Time
- Rule #3:** Work With The Willing
- Rule #4:** Earn More Than You Spend
- Rule #5:** Improve Your Skills Every Day - **Michael S. Clouse**



Book Recommendation -

Richest man in babylon - by George S. Clason

<http://www.amazon.com/The-Richest-Man-In-Babylon/dp/1479377341>

Unilevel Organizational Bonus (paid monthly on compressed organizational volume)

Paid as Title	Consultant	Manager	Director	Executive	Elite	Premier	Silver	Gold	Platinum	Diamond	Blue Diamond	Presidential Diamond
Monthly PV	50	100	100	100	100	100	100	100	100	100	100	100
Monthly OV	*	500	1,000	2,000	3,000	5,000	*	*	*	*	*	*
Qualified Legs*	*	*	*	*	*	2	3	3	3	4	5	6
Leg Requirements	*	*	*	*	*	Executive	Elite	Premier	Silver	Silver	Gold	Platinum
Level 1	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%
Level 2		3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%
Level 3			5%	5%	5%	5%	5%	5%	5%	5%	5%	5%
Level 4				5%	5%	5%	5%	5%	5%	5%	5%	5%
Level 5					6%	6%	6%	6%	6%	6%	6%	6%
Level 6						6%	6%	6%	6%	6%	6%	6%
Level 7							7%	7%	7%	7%	7%	7%

Dynamic Compression –

3% Infinity Performance Pools (paid monthly on total company volume)

Performance Pool Shares: Earn additional shares for each personally enrolled Elite (Leadership Performance Pool) or Premier (Diamond Performance Pool)†

Leadership Performance Pool			Diamond Performance Pool		
1	5	10	1	2	3
1+	1+	1+	1+	1+	1+
2%			1%		

3% Diamond Pools (paid monthly on total company volume)

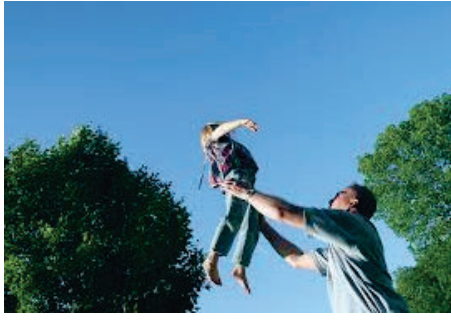
Diamond Rank Shares: Earn additional shares for each personally enrolled Premier †

Diamond Pool		Blue Diamond Pool		Presidential Diamond Pool	
3	3	3	3	3	3
1+	1+	1+	1+	1+	1+
1%	1%	1%	1%	1%	1%

*Legs must be personally enrolled.

†Must be first-time qualifiers, unlimited shares.

See company policies for details.



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.