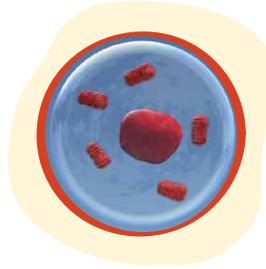


Would you like to be more happy, connected, and empowered?



You are created to function as a **whole**. The spirit, mind, and body are inseparably connected, communicating at a cellular level.



Your body is made of intelligent cells, wired to restore health.

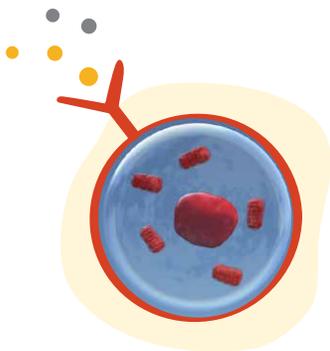


**Be your own best advocate & claim the gift of wellness.**

## Emotions are processed throughout the body

### "THE 3 BRAINS"

Science reveals there are complex neural-processing functions in the mind, heart and gut.



**EMOTIONS** are information-carrying molecules that bind to and react with cell receptors. They go into the cell, impacting function and behavior.



#### MIND "Logic & Intellect"

The subconscious mind directs over 90% of behavior.



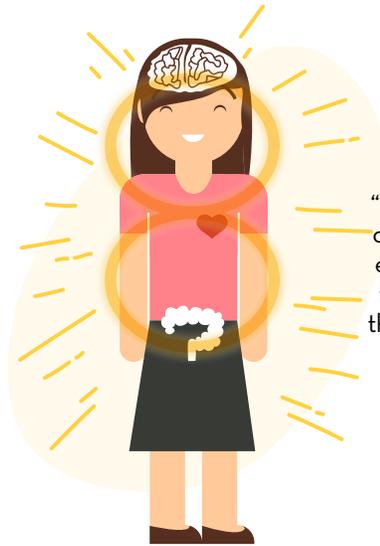
#### HEART "Intuition"

There are more neuropathways that run from the heart to the brain than from the brain to the heart.



#### GUT "Gut Feeling"

90% of the body's serotonin involved in mood management is produced in the gut.



"The **three brains**... communicate with each other. [They] feed back to, and therefore influence the mind."

Dr. Caroline Leaf, Neuroscientist

**CONNECTION & WELLNESS**

## You INSTINCTIVELY process life's experiences

LIFE EXPERIENCE



PROCESSING



REACTION



BELIEF



I have to figure this out.  
I feel overwhelmed.  
I'm stuck.

"Feelings are really chemicals that can help or hurt."  
Dr. Candance Pert  
Neuroscientist, Pharmacologist



Head tension  
Conflicted feelings  
Unsettled stomach

**DISCONNECTION**



I'm not good enough.

*My beliefs show up in my life and create my reality.*

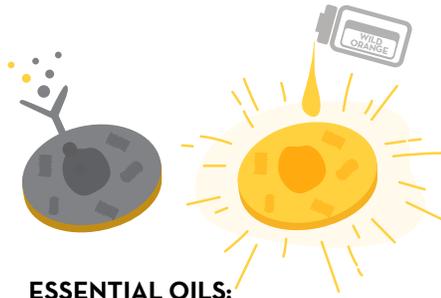
# EMOTIONS & ESSENTIAL OILS INTERACT CHEMICALLY

Essential oils promote emotional purification and anchor in healthy biochemistry.



1 drop = 40 million trillion molecules

These chemical compounds service every cell of the body in a matter of minutes.



### ESSENTIAL OILS:

- support cell receptors
- promote healthy cell function
- maintain cell's natural state



The grade of oil you use will determine its chemistry, potency, and efficacy.

## ESSENTIAL OILS ARE DYNAMIC Supporting your body physically AND emotionally

AROMATIC



**Smell is the fastest way to affect mood.** Aromatic molecules have direct access to the limbic area, or emotional seat, of the brain.

Mental support and focus



Mental fog

TOPICAL

Apply to bottoms of feet or spine to affect cells, blood, and tissues throughout the body. Massage into specific areas for localized support.

Apply over heart area, insides of wrists, or in fleshy pockets behind ears.

Apply on back of neck, across forehead, or on bottoms of feet. Some essential oils pass the blood brain barrier.

Apply over stomach area or bottoms of feet.

Occasional head tension



Confusion

INTERNAL

CPTG® labeled for dietary use may be taken under the tongue, in water, or in a gel cap to support overall health.

Seasonal threats



Vulnerability

"Habits of thinking need not be forever. One of the most significant findings in psychology is that individuals can choose the way they think."

Dr. Martin Seligman, Psychologist

## FOUNDATIONAL SUPPORT

Add **daily support** with minerals, micronutrients, and healthy fats.

Essential oils enhance absorption of nutrition on a cellular level.



Lifelong Vitality Pack

**Cleanse and restore gut health.** Digestive function is scientifically linked to mood.



# WHERE DO I BEGIN?

## MOMENT BY MOMENT SUPPORT

- Identify what you are feeling **now** and then choose one or two blends that best meet your emotional needs.



## TIP

Breathe in or massage topically to



Mind,



Heart,



Gut,

or other areas for localized support.

## MOOD LIFESTYLE SUPPORT



### HEALTHY MIND

- I work on healthy thought patterns.
- I choose to believe good about myself and others.
- I nourish my brain with good fats and minerals.

What do I need to weed out?

(Negative thoughts, relationships, substances)



### HEALTHY HEART

- I trust my intuition and my Higher Power.
- I freely give and receive love.
- I often feel peaceful inside. I rest well.

What do I want to plant?

(New beliefs, relationships, supplements)



### HEALTHY GUT

- I digest and process food well.
- I nourish my digestive system with good nutrition and enzymes.
- My body is healthy and feels good.

How will I nourish this seed?

(Habits, practices, patterns)

I am enough. I am whole.



## TIPS

- Increase water intake
- Increase exercise & movement
- Rest and meditate
- Improve your diet

*"You fill a bucket drop by drop.  
You clear your mind thought by thought.  
You heal yourself moment by moment."*

Lisa Wimberger  
Founder, Neurosculpting Institute