

wellness education series



— NUTRITION & Supplements —

NUTRITION & Supplements

questions:

1 Why are people around us so sick?



2 Do you think we get what we need for good health from our food?



NUTRITION & Supplements

nutrition is foundational:

- Allows body to function optimally.

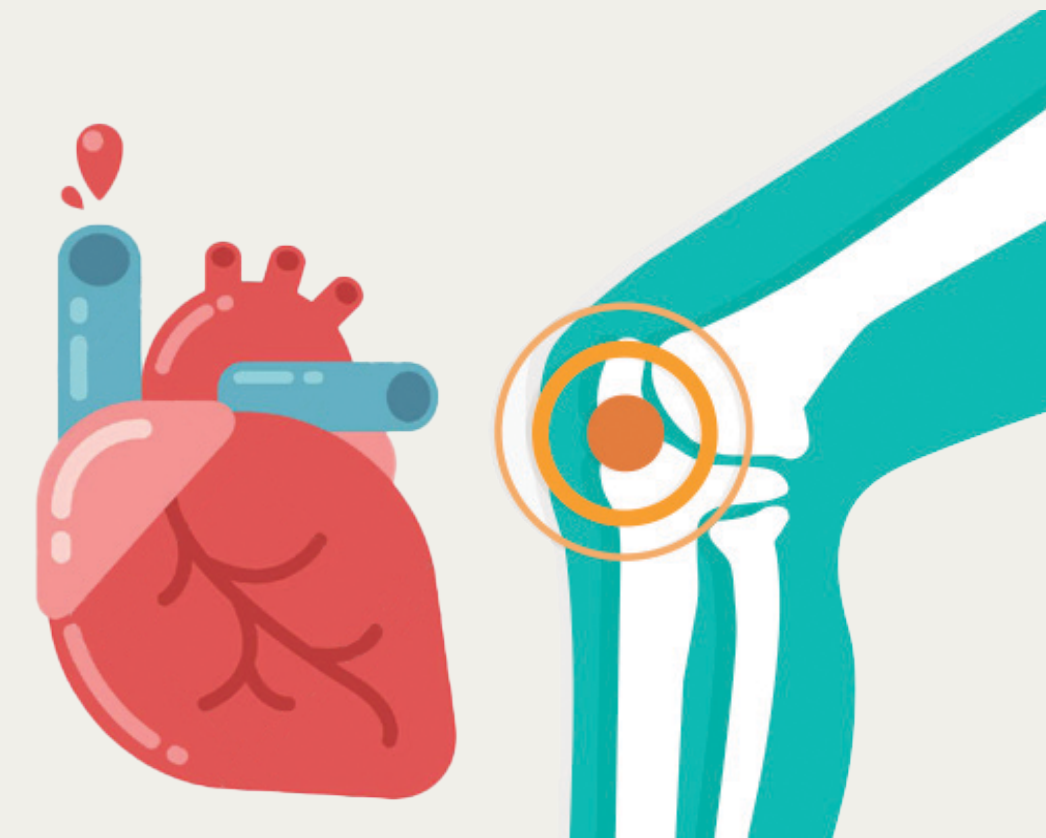
increased energy



increased mental clarity



- Supports cardiovascular health and proper inflammatory responses.



NUTRITION & Supplements

lifelong vitality:

- Nutritional equivalent of 12 servings of fruit and vegetables in every serving
- Made from whole food sources
 - That means no fillers, just the food source
 - Essential oils maximize support
 - The omegas are in a capsule, which preserves their potency longer



NUTRITION

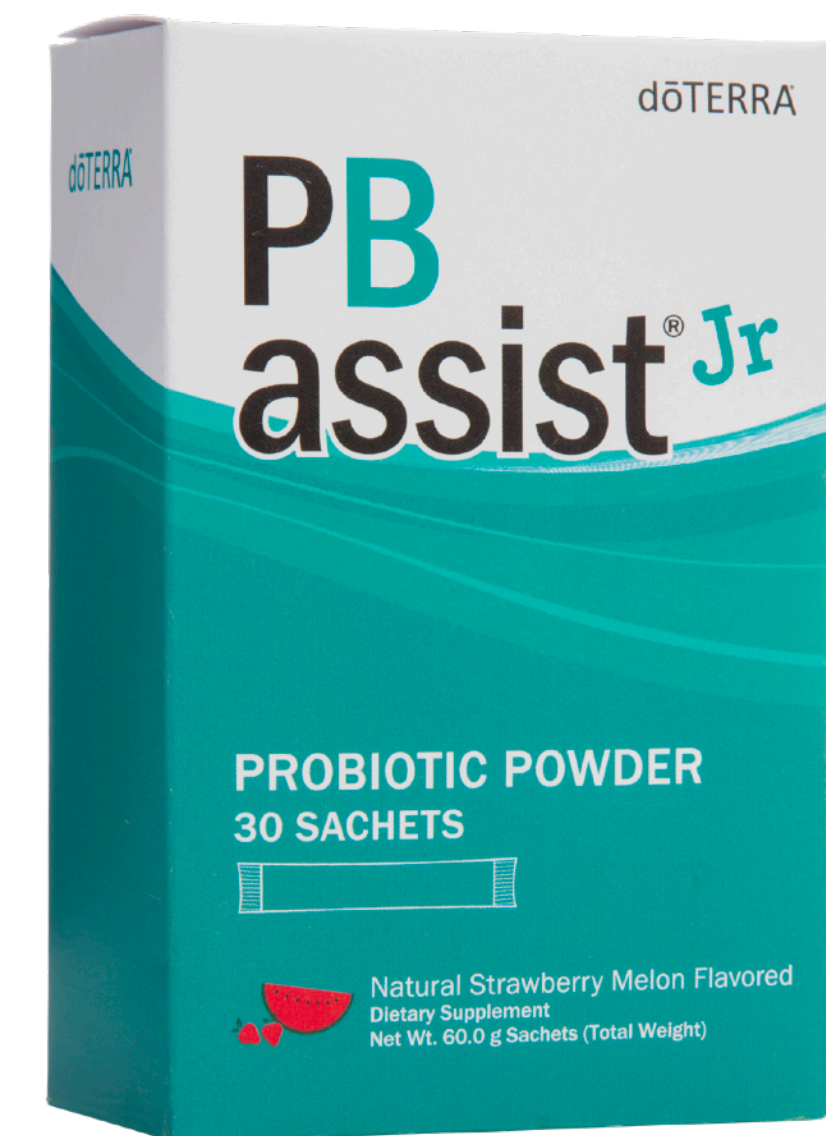
& Supplements

gut health is foundational:

- The gut plays a vital role in our overall health and well-being
- It is vital in everything, from our weight, to our immune function, to our mental wellness

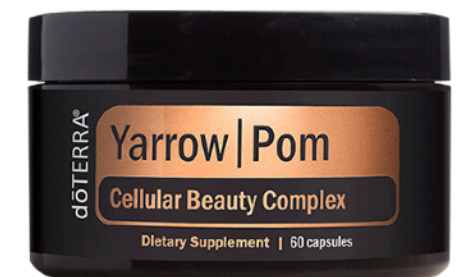
WHAT DAMAGES GUT HEALTH?

- Unhealthy diet
- Antibiotic use
- Lack of regular physical activity
- Poor sleep habits
- Stress



NUTRITION & Supplements

TARGETED OPTIONS TO MAXIMIZED WELLNESS



NUTRITION & Supplements

Deep Blue Polyphenol Complex



Help supports muscle and joint comfort and function

Soothe occasional aches and discomfort

Can use in tandem with Deep Blue Rub or Deep Blue Oil

Take daily or as needed

NUTRITION & Supplements

Adaptiv Calming Blend Capsules



Calms and promotes positive feelings

Supports mood and helps improve state of mind

Encourages relaxation & mental well-being

Supports cognitive function and emotional balance

Helps when acclimating to new surroundings and adapting to stressful situations

NUTRITION & Supplements

Turmeric Dual Chamber Capsules



Helps support a healthy inflammatory response in the body

May help the body fight free radicals and protect the body from oxidative damage

Combines the complementary benefits of both turmeric essential oil with the joint support of the curcuminoids of turmeric extract in a unique and convenient delivery system

NUTRITION & Supplements



Serenity Restful Complex Softgels

Relieves occasional sleeplessness

Promotes healthy relaxation and sleep

Encourages restful refreshing sleep without leaving you feeling groggy the next day

Helps make a difference in the quality & the ease of going to sleep

Calms the nervous system and helps to reduce stress

NUTRITION & Supplements

Phytoestrogen & Bone Nutrient



Helps balance and support normal hormone levels

Supports healthy bones, heart, breast tissue and other body structures and functions as women ages

Contains a flax seed extract which is helpful in managing estrogen metabolism

Formulated with a standardized pomegranate extract providing powerful antioxidant support

Use to complement a program of eating right & exercise to minimize PMS & menopause symptoms

NUTRITION & Supplements

Mito2Max Energy & Stamina Complex



Supports healthy cellular energy production

Enhances stamina, mental energy and efficient use of oxygen

Supports optimal mitochondrial function, aerobic capacity without the use of harmful stimulants

Use as a healthy, long-term alternative to caffeinated drinks & supplements for increased vitality

NUTRITION & Supplements

Zendocrine Complex



Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin

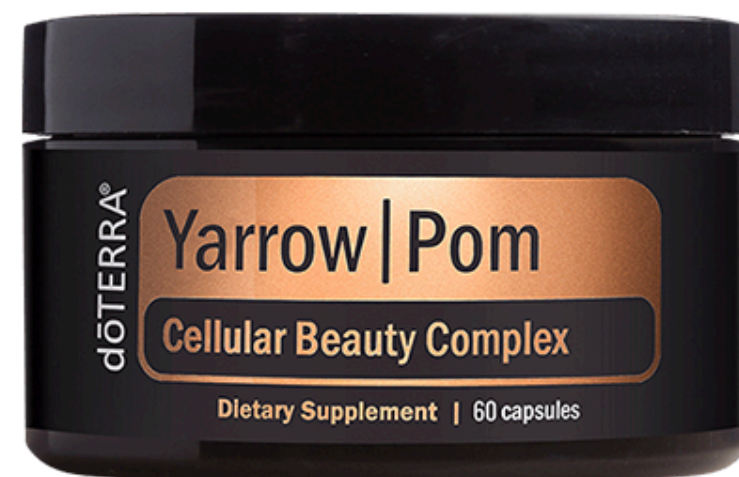
Supports normal self-detoxification functions of the cleansing organs

Take 2 capsules daily, one each with morning and evening meals

Zendocrine's benefits can be enhanced by taking Zendocrine Blend Oil or Softgels

NUTRITION & Supplements

Yarrow Pom Cellular Beauty Complex



Improves skin firmness and reduces skin imperfections

Illuminates and brightens complexion

Provides powerful antioxidant support and promotes cellular health

Supports healthy metabolic function

Help maintain skin's youthful appearance by combating oxidative stress

NUTRITION & Supplements

sample daily schedule:

AM

- 2 Turmeric
- 1 PB Assist

BREAKFAST

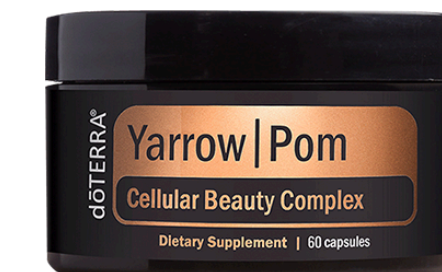
- 2 Each LLV
- 1 Terrazyme
- 1 Adaptiv

LUNCH

- 2 Each LLV
- 1 Terrazyme
- 2 Mito2Max

BEDTIME

- 2 Yarrow | Pom Complex
- 2 Copaiba
- 2 Serenity



NUTRITION & Supplements

sample wellness box (LRP):



+ FREE Oil of the Month!

\$204.50

+ FREE Product Credits!

149 PV *

+ FREE Shipping!

- Lifelong Vitality Pack \$80.50 / 60 PV
- Terrazyme \$25.00 / 15 PV
- PB Assist \$25.00 / 15 PV
- Turmeric Capsules \$38.00 / 28 PV
- Serenity Softgels \$23.00 / 18 PV
- Lemon \$13.00 / 13 PV

**Point Value. For most products, \$1 = 1PV.*

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GOOD HEALTH

never goes out of style.

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3 TYPES OF PEOPLE

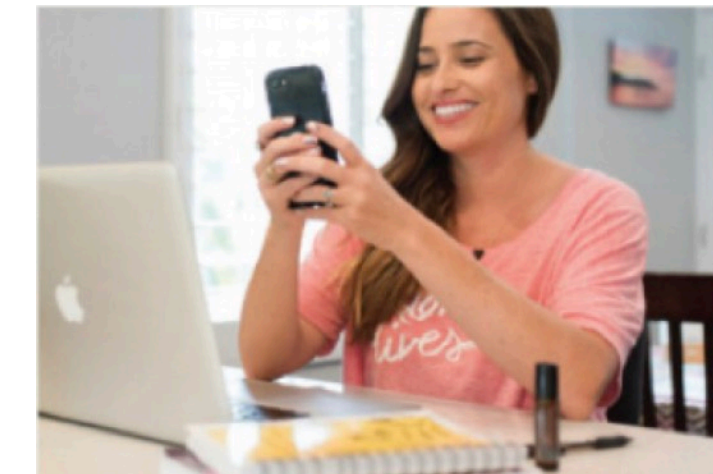
use
THE WELLNESS
LIFESTYLE



share
TO GET YOUR
PRODUCTS PAID FOR



teach
TO EARN INCOME AND
MAKE IMPACT



GOOD HEALTH

never goes out of style.

why doterra **WHY NOW?**

- LARGEST ESSENTIAL OIL COMPANY IN THE WORLD
- MOST TRUSTED, MOST TESTED IN THE MARKET
- USED BY DOCTORS AND HOSPITALS WORLDWIDE
- ETHICALLY AND SUSTAINABLY SOURCED
- WORK DIRECTLY WITH FARMERS
- 120+ MARKET OPEN
- GENEROUS COMPENSATION PLAN
- HIGHEST RETENTION RATE IN THE INDUSTRY 65%
- PRIVATELY OWNED COMPANY
- INCREDIBLE OWNERSHIP TEAM
- DEBT FREE WITH NO OUTSIDE FUNDING

GOOD HEALTH

never goes out of style.

HOW DO I MAKE MONEY *with doTERRA*



sample



teach



enroll



support

GOOD HEALTH

never goes out of style.

income POTENTIAL

<i>presidential diamond</i>	\$104,965 / month*
<i>blue diamond</i>	\$38,630 / month*
<i>diamond</i>	\$16,814 / month*
<i>platinum</i>	\$9,414 / month*
<i>gold</i>	\$4,875 / month*
<i>silver</i>	\$2,296 / month*
<i>premier</i>	\$939 / month*
<i>elite</i>	\$365 / month*

*Numbers displayed are monthly averages. Personal earning may be less.

GOOD HEALTH

never goes out of style.

HOW MUCH TIME IS INVOLVED?

I want my oils paid for: 3-5 HRS / WEEK

I want to supplement my income: 5-15 HRS / WEEK

I want to replace my income: 15-30 HRS / WEEK

GOOD HEALTH

never goes out of style.

COULD THIS WORK FOR ME?

ARE YOU *passionate* ABOUT OILS?

DO YOU *love* PEOPLE?

CAN YOU *follow a system* & GET THINGS DONE?

GOOD HEALTH

never goes out of style.

What is the next step?

**DO YOU HAVE A WHOLESALE ACCOUNT? YES: UPGRADE & SETUP 100PV LRP
NO: CHOOSE A KIT & SET UP LRP**

**REACH OUT FOR HELP! WE WILL PLUG YOU INTO ALL OF
OUR TRAININGS & RESOURCES**

START MAKING YOUR LIST & SAMPLE EVERYONE! THIS IS SO MUCH FUN!

GOOD HEALTH

never goes out of style.

the only thing keeping you

FROM WHAT YOU WANT

is your story about why you can't have it

wellness education series



**IF YOU ENJOYED USING THIS PRESENTATION
FOR YOUR BUSINESS**

please consider leaving me a tip.



En Tao Ko
@magnifiedjoy

venmo



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Zelle: 303-808-0018

NUTRITION & Supplements

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BACK 2 BASICS | 1

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 Turmeric Capsules	 Zendocrine Complex
 Serenity Softgels	 Yarrow Pom Cellular Beauty Complex

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BACK 2 BASICS | 2

