

wellness education series



— WOMEN'S HEALTH & *Hormones* —

WOMEN'S HEALTH & *Hormones*

1. ON A SCALE OF 1-10 (0 = no unwanted symptoms, 10 = out of control symptoms)

How is your monthly cycle? _____

If peri or post menopause, how are your symptoms? _____



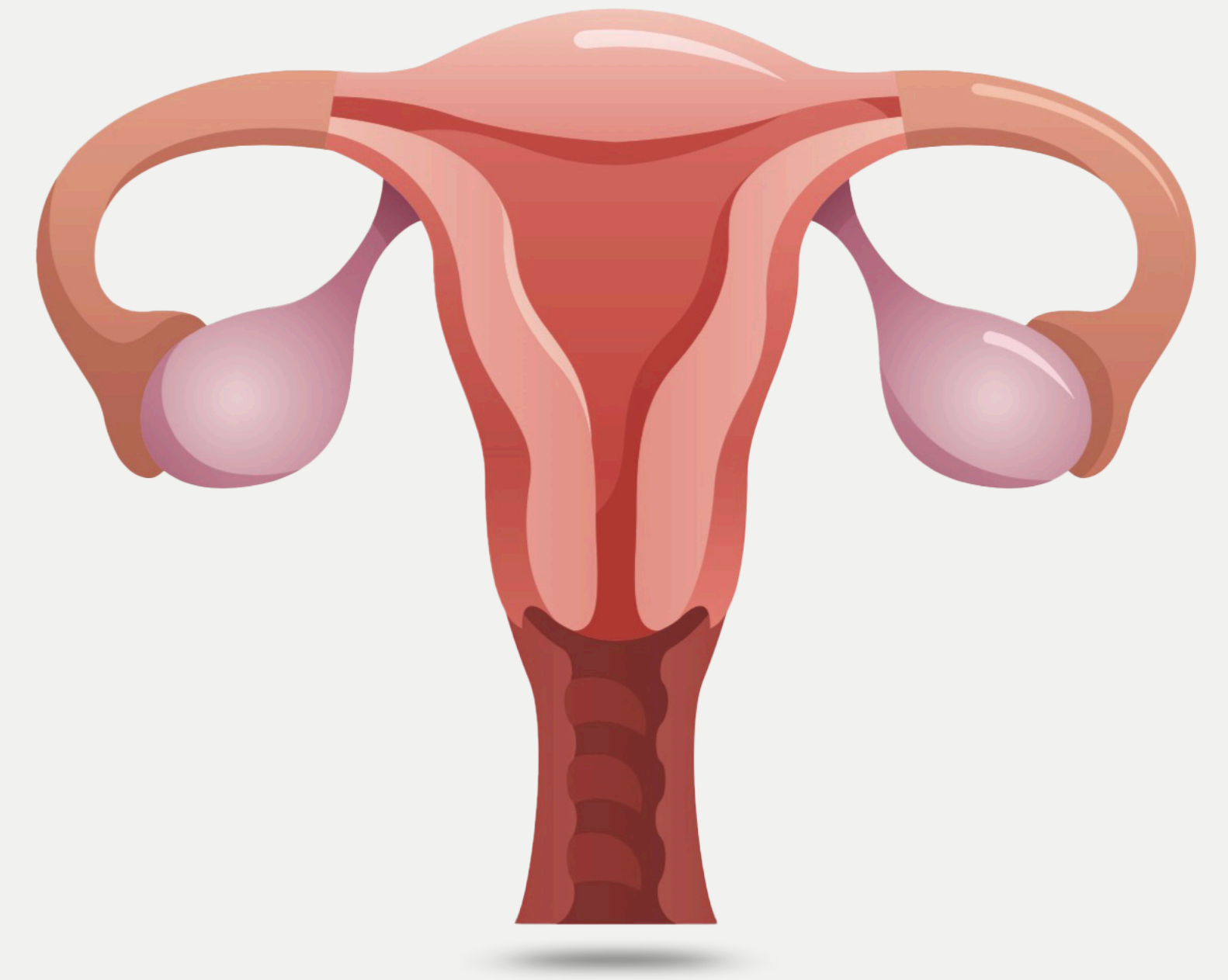
2. ARE THERE AREAS OF HORMONE BALANCE THAT ARE DIFFICULT FOR YOU?

- Hyper/Hypothyroid
- Adrenal Fatigue
- Difficulty Losing Weight
- Mood Swings
- Trouble Sleeping
- Infertility
- Poor Memory
- Type 2 Diabetes
- Other _____

WOMEN'S HEALTH & *Hormones*

THE FEMALE REPRODUCTIVE SYSTEM

- Includes the ovaries, fallopian tubes, uterus, cervix, external genitalia and breasts and works closely with other systems, especially the endocrine system
- Ovaries secrete estrogen & progesterone which are crucial for fertility but also play a key role in a woman's emotional and physical health
- Nutrition and hydration directly impact the production of these hormones



WOMEN'S HEALTH & *Hormones*

Recommended Products:



LIFELONG VITALITY

- Foundational nutrition for optimum hormone balance and energy levels
- Packed with nature's most powerful antioxidants, anti-inflammatories and energy cofactors

WOMEN'S HEALTH & *Hormones*

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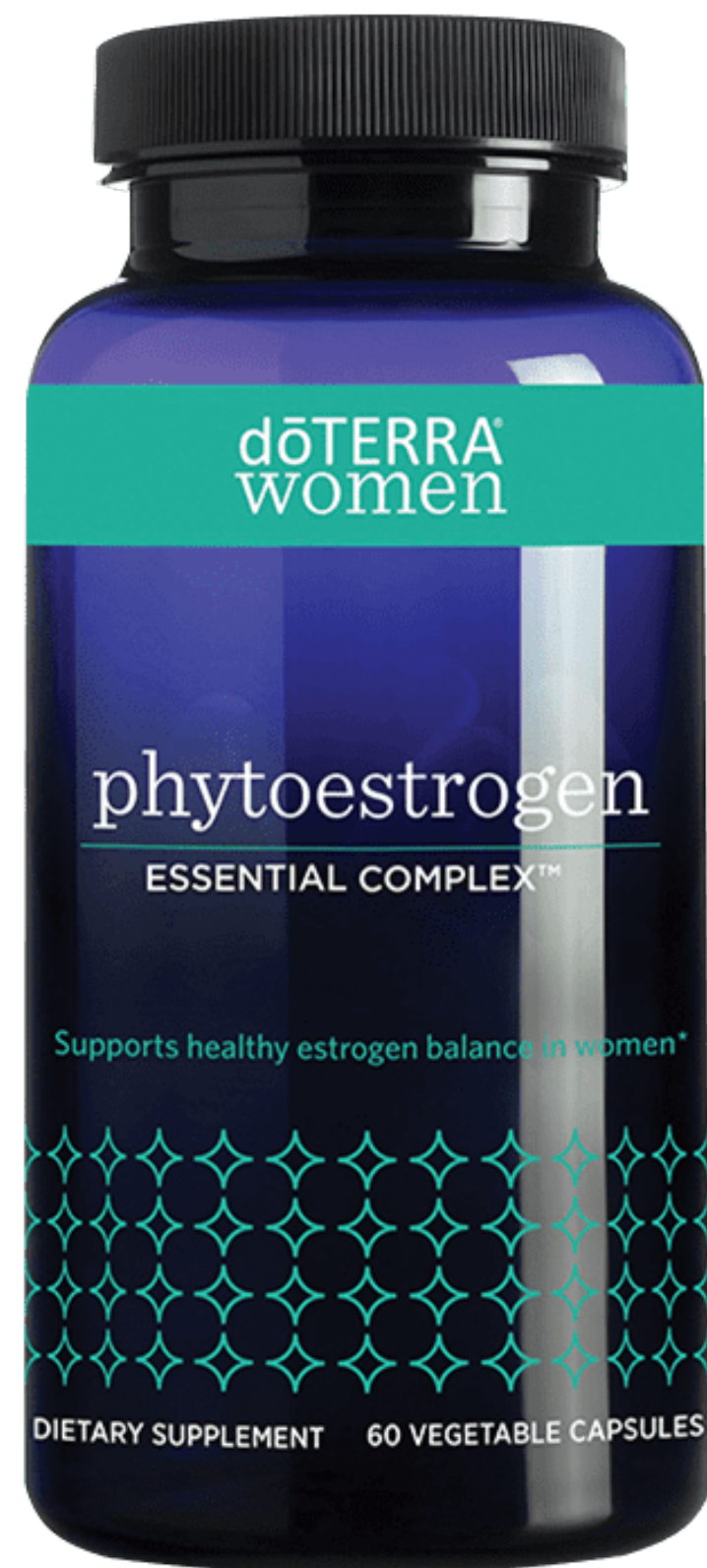


BONE NUTRIENT

- Bioavailable nutrition for men and women necessary for bone integrity, strength, and overall health
- Important for those with weak or fragile bones, one fractures and growing individuals

WOMEN'S HEALTH & *Hormones*

Recommended Products:



PHYTOESTROGEN COMPLEX

- A natural form of estrogen-like therapy (though not actually estrogen)
- Assists to balance not only a deficiency, but also any excess or harmful estrogen metabolites
- Minimizes unwanted symptoms associated with menstrual cycle
- Contains Genistein, a fermented soy extract that promotes healthy breast tissue and brings back balance to hormones in both men & women

WOMEN'S HEALTH & *Hormones*

Recommended Products:



ROSE (Queen of oils)

Apply over heart:

- Emotional balance
- Boosts libido
- Promotes openness and confidence

Apply to lower abdomen:

- Relief from menstrual discomfort
- Promote regular ovulation

WOMEN'S HEALTH & *Hormones*

Recommended Products:



CLARYCALM

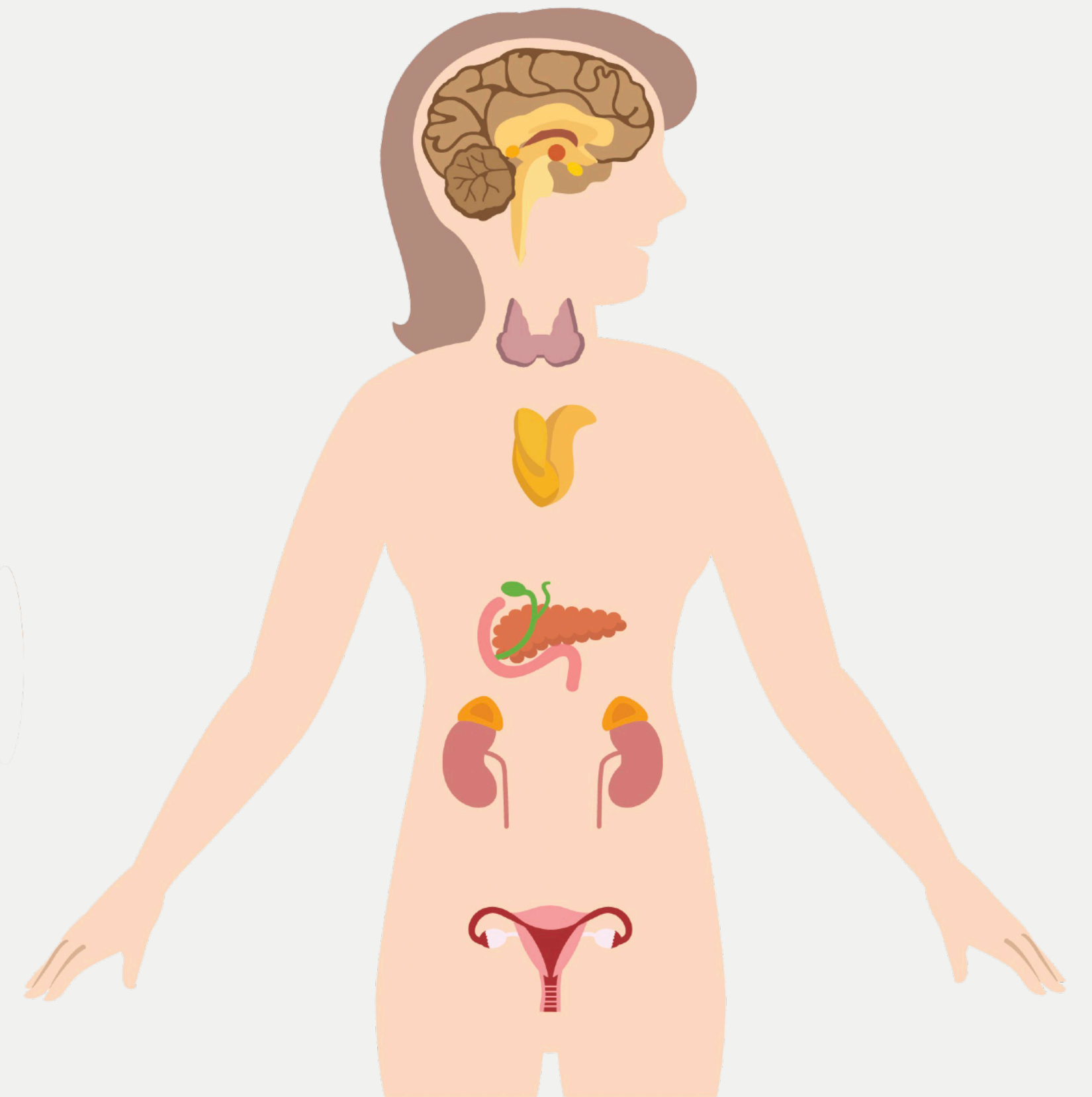
Apply daily to abdomen to aid with:

- Hormone balancing
- Heavy periods
- PMS
- Cramps
- Hot flashes
- Mood swings

WOMEN'S HEALTH & *Hormones*

ENDOCRINE SYSTEM:

- Directly involved in growth and development, metabolism, nutrient regulation and overall homeostasis
- A system of glands that produce and send hormones to targeted organs & tissues via the circulatory system
- Essential oils can be very beneficial since they are circulated in the same way and profoundly benefit the cells they encounter in the process



WOMEN'S HEALTH & *Hormones*

CARE FOR YOUR LIVER:

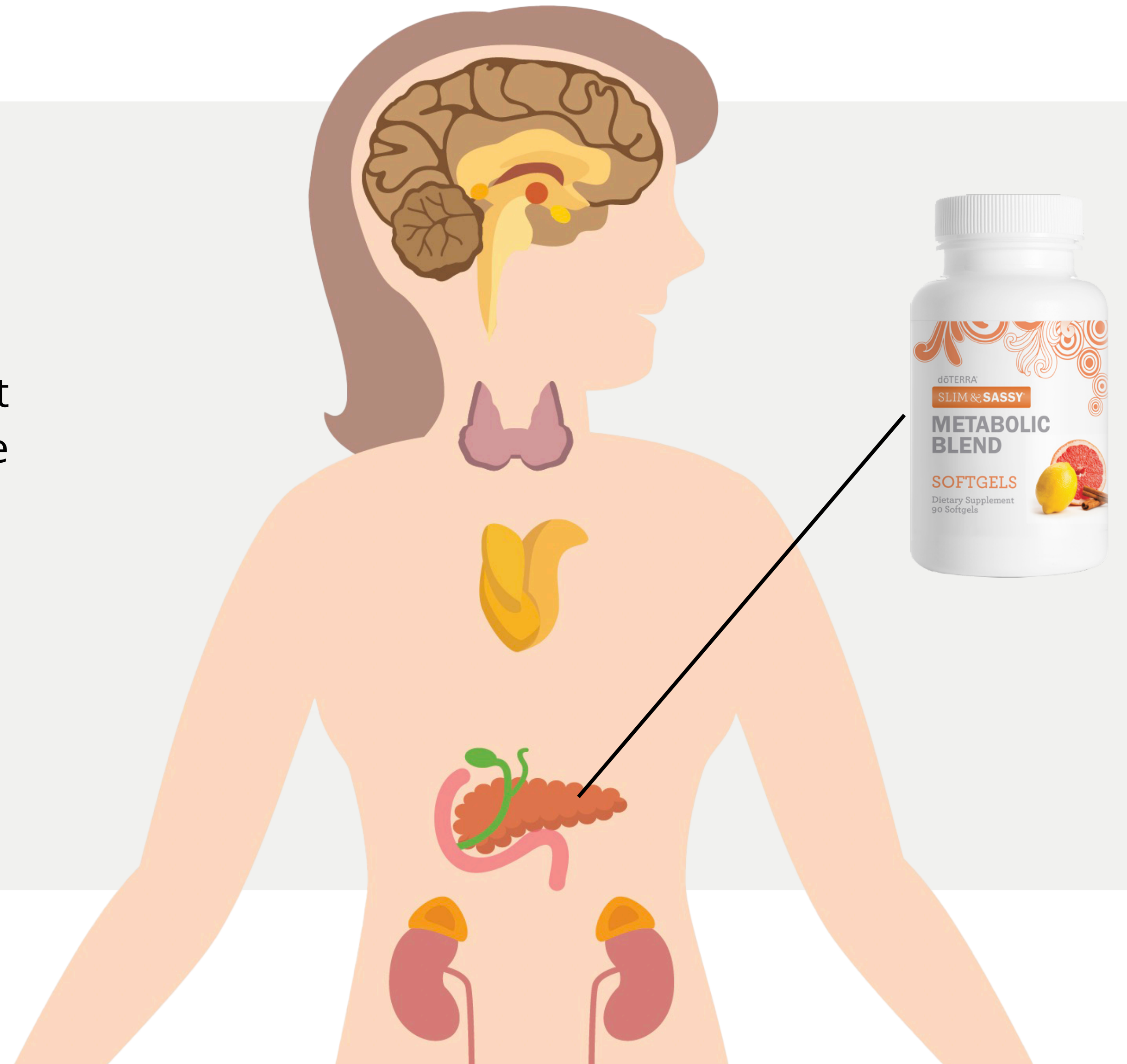
- Healthy liver function is the underpinning of hormone balance
- Drink plenty of water with Lemon or Slim & Sassy essential oil
- Take 1 Zendocrine softgel daily



WOMEN'S HEALTH & *Hormones*

CARE FOR YOUR PANCREAS:

- Take 1-3 Slim & Sassy softgels daily to support metabolism, regulate blood sugar and release excess water



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CARE FOR YOUR ADRENALS:

- Apply Magnolia to adrenals twice daily
- Take 2 capsules Mito 2 Max twice daily or as needed



WOMEN'S HEALTH & *Hormones*

CARE FOR YOUR THYROID:

- It's not a life sentence, habits are critically important. Check your nutrition, your stress level and your water supply!
- In a roller combine: 10 drops each of Clove, Myrrh, Frankincense, and Lemongrass. Top with FCO and apply to thyroid area 3 times per day.










WOMEN'S HEALTH & *Hormones*

symphony of the cells:

Apply FCO liberally to the back, neck and shoulders. Then apply 2-3 drops of each of the following oils all over the back and feet. Rub in. then apply the next oil.

HORMONE BALANCE

| | | | |
|--------------|---|---|---|
| FRANKINCENSE |  |  |  |
| CARRIER OIL |  |  | |
| THYME |  |  |  |
| GINGER |  |  |  |
| CLARY SAGE |  |  |  |
| GRAPEFRUIT |  |  |  |

| | | | |
|--------------|---|---|---|
| ROMAN | | | |
| CHAMOMILE |  |  |  |
| YLANG YLANG |  |  |  |
| LAVENDER |  |  |  |
| SIBERIAN FIR |  |  |  |

Symphony of the Cells™ - Spinal Technique is a collection of massage protocols formulated to create harmony physically, emotionally and spiritually within the body. Each protocol is specific to a system (ie. digestive, lymphatic) of the body allowing you to target ailments.



symphonyofthecells.com



WOMEN'S HEALTH & *Hormones*

sample wellness box (LRP):



+ **FREE** Oil of the Month!

+ **FREE** Product Credits!

+ **FREE** Shipping!

\$139.50

125 PV *

○ Women's Health Kit \$69.50 / 60 PV

○ Rose Touch \$70.00 / 65 PV

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

GOOD HEALTH

never goes out of style.

GOOD HEALTH

never goes out of style.

3 TYPES OF PEOPLE

use

THE WELLNESS
LIFESTYLE



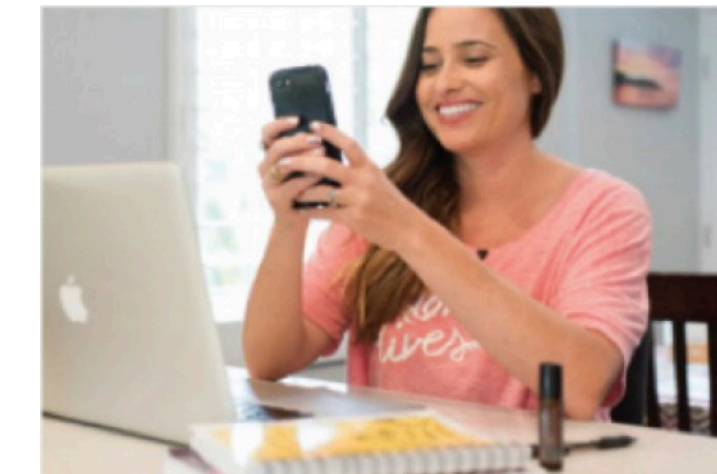
share

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



PayPal: entao@magnifiedjoy.com
Zelle: 303-808-0018

WOMEN'S HEALTH & *Hormones*

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BACK 2 BASICS | 1

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my wish list:

- _____
- _____
- _____
- _____
- _____
- _____

BACK 2 BASICS | 2