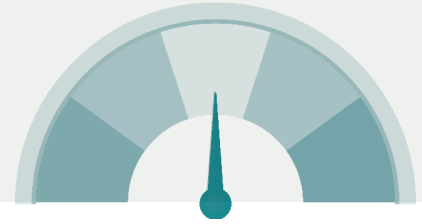


STRESS, SLEEP & Emotions

ON A SCALE OF 1-10 (0 = not at all, 10 = this is a big problem),

- How often are you aware of being stressed in your daily life? ____
- How concerned are you about the quantity and quality of your sleep? ____
- How frequently do your emotions feel difficult to manage appropriately? ____



HYPOTHALAMUS:

A tiny control tower in your brain

- When stressed, orders the brain, “send out the stress hormones”
- Designed to protect you
- Frequent or prolonged stress brings devastating effects on physical and mental well-being

SYMPTOMS OF CHRONIC STRESS:

- Irritability
- Anxiety/depression
- Headaches
- Insomnia
- Poor immune function
- Increased blood pressure

70% OF PROBLEMS SLEEPING are related to psycho-physiological issues (15% environmental, 15% medical)

Increased cortisol levels means melatonin levels will not be able to rise as they should to promote restful sleep.

nightly regimen:



SERENITY SOFTGELS

- Calms the nervous system
- Promotes healthy relaxation & sleep



COPAIBA SOFTGELS

- Soothes anxious feelings
- Promotes homeostasis & rest

alternative nightly regimen:



ADAPTIV SOFTGELS

- Encourages relaxation
- Calms and promotes positive feelings



YARROW|POM CAPSULES

- Promotes cellular health
- Support for the brain & skin

hibernation roller:

Combine 20 drops each of these 4 oils in a roller and top with fractionated coconut oil. Apply to feet, big toe, heart, palms of hands and pillow. Inhale deeply with slow, deep breaths.



FRANKINCENSE

- Prized for soothing & settling the mind
- Eases hyperactivity



VETIVER

- Natural tranquilizer
- Stops mind chatter



BERGAMOT

- Calms agitation & stress
- Natural sedative

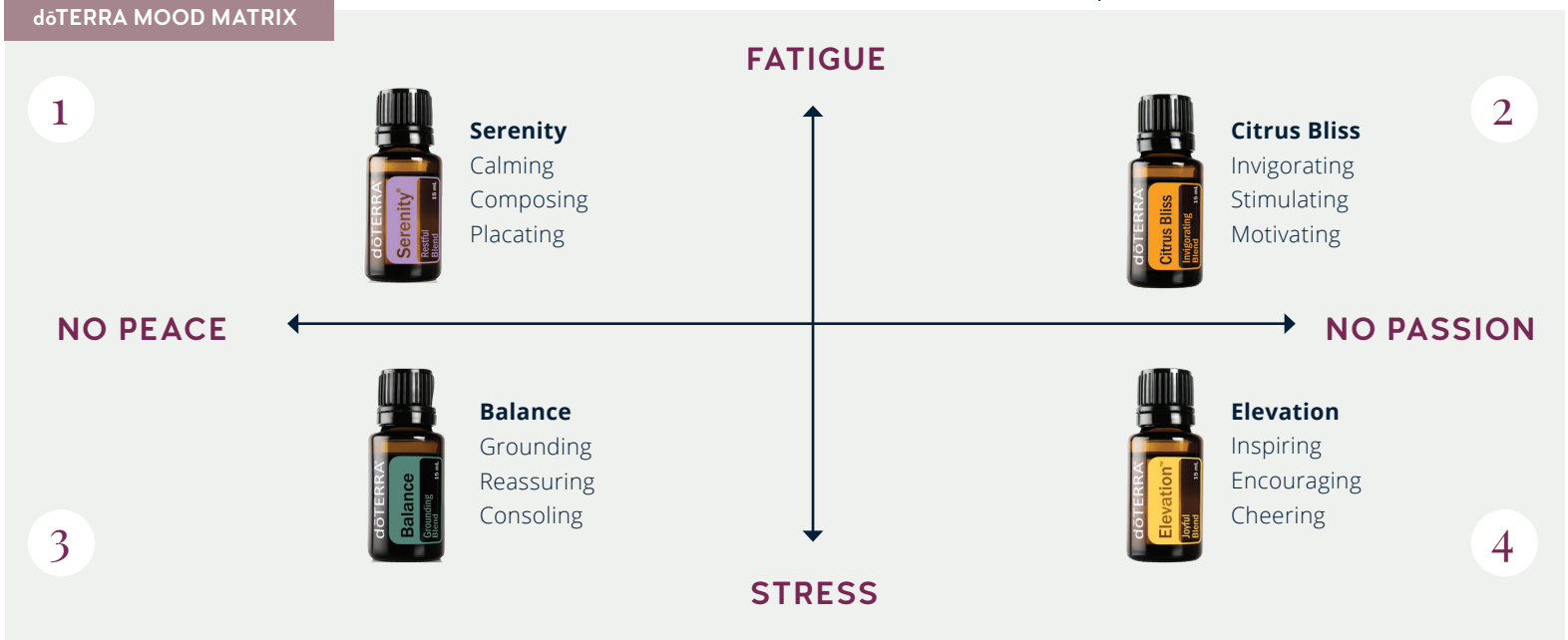


ROMAN CHAMOMILE

- Calming & relaxing
- Soothes & clears the mind

STRESS, SLEEP & Emotions

dōTERRA MOOD MATRIX



ADAPTIV COLLECTION



diffuser blend recipes:

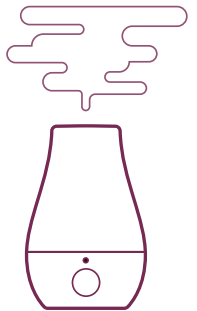
- Adaptiv
- Wild Orange

- Balance
- Wild Orange

- Citrus Bliss
- Sandalwood
- Grapefruit
- Elevation

- Forgive
- Balance
- Breathe

- Peace
- Balance
- Vetiver



sample wellness box (LRP):



\$145

131 PV¹

Adaptiv System \$82.00 / 70 PV

Wild Orange \$10.00 / 10 PV

Copaiba Softgels \$32.00 / 30 PV

Balance \$21.00 / 21 PV

+ FREE Oil of the Month!

+ FREE Product Credits!

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

my wish list:

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