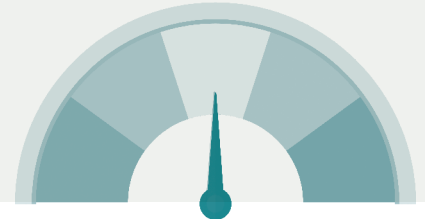


STRESS, SLEEP & Emotions

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
- when frequent or prolonged, 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 to 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



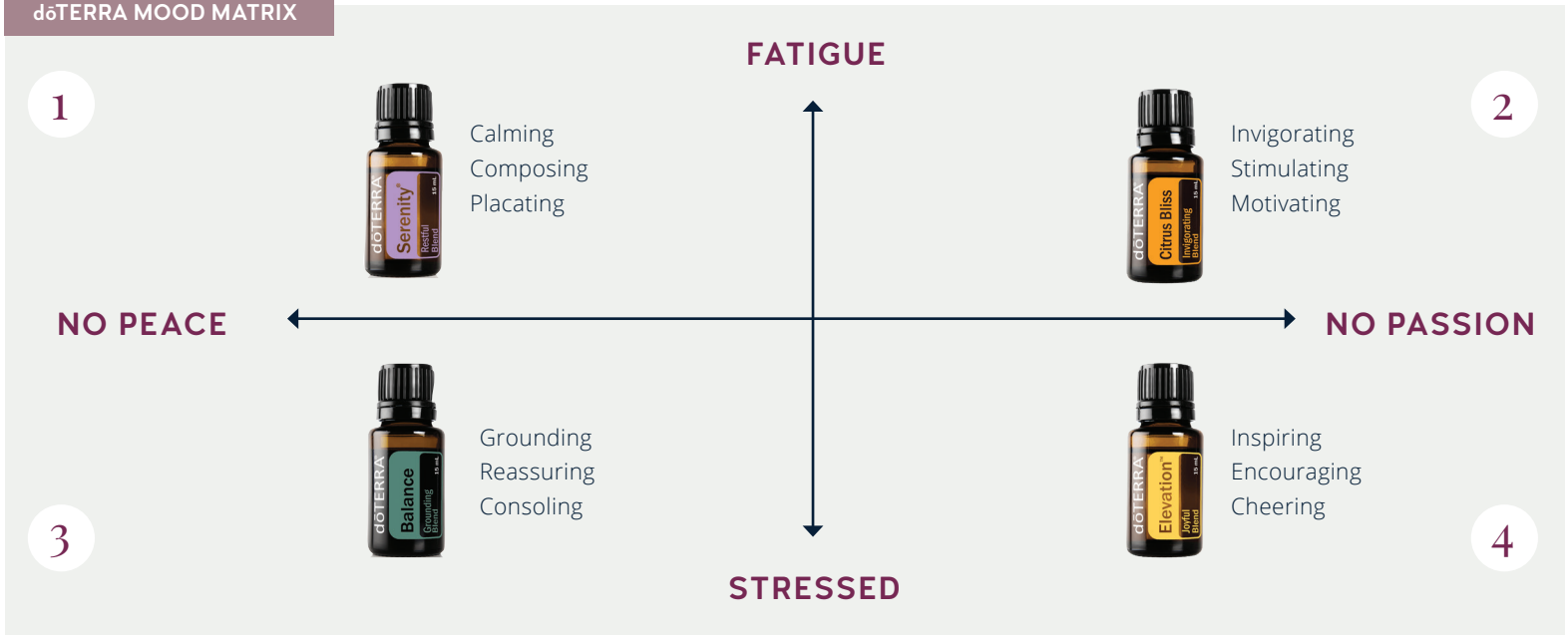
ROMAN CHAMOMILE

- calming & relaxing
- soothes & clears the mind



STRESS, SLEEP & Emotions

dōTERRA MOOD MATRIX



ADAPTIV™ COLLECTION:



diffuser blend recipes:

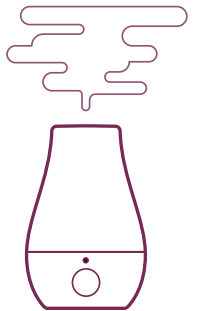
 Adaptiv™
 Wild Orange

 Balance
 Wild Orange

 Citrus Bliss
 Sandalwood
 Grapefruit
 Elevation

 Forgive
 Balance
 Breathe

 Peace
 Balance
 Vetiver



sample wellness box (LRP):



\$145

131 PV¹

Adaptiv™ Collection \$82.00 / 70 PV + **FREE** Oil of the Month!

Wild Orange \$10.00 / 10 PV

Copaiba Softgels \$32.00 / 30 PV

Balance \$21.00 / 21 PV

+ **FREE** Product Credits!

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

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.

EMOBIC

FRANKINCENSE	  	SPIKENARD	  
NEROLI	  	MELISSA	  
ROSE	   	CENTERING BLEND	  
JASMINE	   	DOUGLAS FIR	  
CARRIER OIL	 	SPEARMINT	  

symphonyofthecells.com

