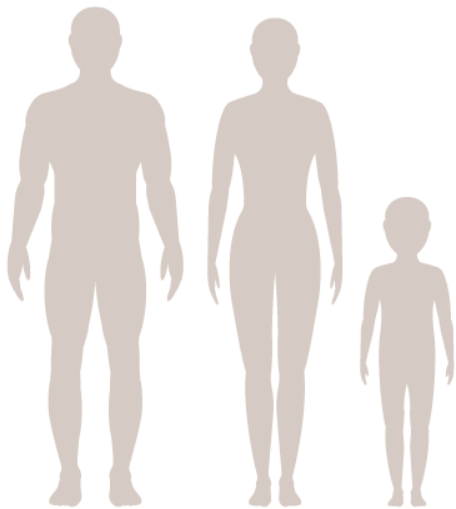


ESSENTIAL OILS & Pain

ON A SCALE OF 1-10, RATE YOUR PAIN IN THE FOLLOWING CATEGORIES:

CHRONIC PAIN (it's a daily part of my life)	1	2	3	4	5	6	7	8	9	10
EMOTIONAL PAIN (the heaviness is real)	1	2	3	4	5	6	7	8	9	10
OCCASIONAL PAIN (I have good days and bad days)	1	2	3	4	5	6	7	8	9	10

WHICH BODY SYSTEM(S) NEED THE *most* SUPPORT?



foundational SUPPORT



- The foundation of all health and what builds the strongest body is the fuel you put inside.
- Everything we eat either feeds disease or fights disease.
- We can support our body and change the way we feel by using dōTERRA's number one selling product, Lifelong Vitality.

LIFELONG VITALITY PACK

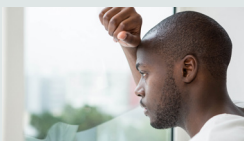


how DOES LLV SUPPORT MY:



CHRONIC PAIN

- Provides healthy response to oxidative stress
- Supports bone health with calcium, magnesium, zinc and vitamin D
- Supports healthy joint function and comfort



EMOTIONAL PAIN

- Supports mental clarity and brain function
- Provides a wide range of omega 3 fatty acids for gut and cognitive support
- Protects against lipid oxidation and supports healthy function of the brain, eyes and nervous system



OCCASIONAL PAIN

- Provides powerful foundational support of vital minerals and vitamins to keep your body performing at peak performance
- Optimal nutrition protects your body and speeds recovery



DANGERS OF PRESCRIPTION PAIN MEDICATION

- Causes **more death than car accidents** (over 37,000)
- **Considered "safe"** especially by teens because they were prescribed and are legal.
- Gives a **false sense of euphoria**, which is temporary but can quickly lead to addiction.
- **Withdraw symptoms** are not pleasant (*insomnia, leg spasms, vomiting, diarrhea, cold spasms, etc*)
- **Over prescribed** (an estimated 90-percent of people with chronic pain are prescribed opioids, medication specifically designed for short-term solutions, even despite evidence indicating that non-drug treatments may provide relief with less risk)
- **Digestive shut down** - overtime they slow the bowel causing constipation, bloating or nausea and can lead to narcotic bowel syndrome.

There is overwhelming evidence that natural treatments are effective and safe. So why are they less prevalent? Natural treatments take time and effort -while drugs do not.

TIPS FOR WEANING OFF PAIN MEDS:

Increase your water intake. Drink at least 4 liters of water a day with grapefruit and lemon essential oil.

Replace the habit. Just quitting can be difficult. Try a new healthy habit every time your body wants a quick fix. For example, fill your diffuser and take 10 deep breaths. Do 10 pushups. Take a walk and get fresh air. Drink a glass of water. Overtime, you can form new neuropathways which means we can retrain our brain.

Take LLV and additional supplements to support your body naturally. This will help alleviate your symptoms while detoxing.

Surround yourself with support. Changing your environment is important. Do the people around you lift you up or bring you down.

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.

INFLAMMATORY

FRANKINCENSE



CARRIER OIL



MELALEUCA



WINTERGREEN/ BIRCH



MASSAGE BLEND



LEMONGRASS



WHITE FIR



HELICHRYSUM



SOOTHING BLEND



PEPPERMINT



symphonyofthecells.com

sample wellness box options (LRP):

LLV is recommended as a nutritional base for everyone. Add on additional support based on your specific needs.

JOINT PAIN: LLV +



Turmeric Capsules / Deep Blue Rub
Deep Blue Polyphenol Capsules

MUSCLE PAIN: LLV +



Turmeric Capsules / Copaiba Capsules
Marjoram / Deep Blue Rub

EMOTIONAL PAIN: LLV +



Adapativ™ Collection / Elevation
Volo Diffuser / Frankincense

DIGESTIVE PAIN: LLV +



Terrazyme / PB Assist / Digestzen
Tamer / Peppermint Softgels

HEAD TENSION/MIGRAINES: LLV +



Copaiba Capsules / Frankincense / Digestzen
Past Tense / Eucalyptus

