

HEALTHY happy hormones

From **adrenal health** and **blood sugar** to **fertility** and **thyroid function**, hormones are the root of, well, everything!

Common Symptoms of Hormone Imbalances :

Weight Gain • Irregular Periods • Low Libido • Acne • Hair Loss • Digestive Issues • Mood Swings

While we love to overcomplicate what we need to do with our bodies to get healthy, we need to start with the basics...



Throwing the candles and scented air fresheners in the garbage and switching to diffusers.



Supporting your natural circadian rhythm. Think natural vitamin D!



Eating enough clean, whole foods to regulate your blood sugar, and not using coffee to replace meals and water.



try all natural doTERRA® products instead

Avoiding hormone-disrupting lotions, shampoos, conditioners, and deodorants because they "smell good".

What small change are you committed to starting?

hormone BALANCE



IN A 10 ML ROLLER, ADD OILS AND TOP WITH FCO

15 drops **Clary Sage**
10 drops **Lavender**
5 drops **Ylang Ylang**
5 drops **Geranium**

Apply to the lower back, abdomen, and feet. Use this blend daily for overall hormone support!

stress away DIFFUSER BLEND



4 drops **Serenity**®
4 drops **Balance**®

THYROID support



IN A 10 ML ROLLER, ADD OILS AND TOP WITH FCO

20 drops **Frankincense**
15 drops **Myrrh**
10 drops **Lemongrass**
15 drops **Clove**

Roll it on thyroid, morning and night.

support YOUR ADRENALS



Eat **fatty fish** high in magnesium

Eat **avocados**, dark leafy greens, and legumes (all of which are high in magnesium)

Lower your **caffeine** intake

Take an **Epsom Salt bath** with Adaptiv™

Meditate and relax (use your oils to support this!)

THE PANCREAS AND INSULIN

Insulin is produced by the pancreas and **regulates blood sugar**. Insulin helps blood sugar enter the body's cells to be **used for energy**.



What can we do to support our pancreas and insulin?

- **Get moving**—even if it's a little each day
- Eat whole, **unprocessed foods** as much as possible
- Take your **LLV**® and **PB Assist**®
- Support your body with **Cinnamon Bark**, **Oregano**, **Coriander**, **Melissa**, and **Clove**

OILS FOR METABOLIC support

Want to give your metabolism a bit of a boost? Support your body with these essential oils:



Add 2-3 drops in your water 2-3 times a day. Or add 2-3 drops in a capsule 2-3 times a day.