

ALL YOU NEED TO KNOW ABOUT ESSENTIAL OILS

THE WHY, HOW & WHAT BEHIND
ESSENTIAL OILS



In this book...

- | | | | |
|---|---------------------------|----|------------------------------------|
| 2 | INTRODUCTION | 7 | 3 COOL THINGS ABOUT ESSENTIAL OILS |
| 3 | THIS IS FOR YOU IF... | 9 | 3 WAYS TO USE ESSENTIAL OILS |
| 4 | MY STORY & HOW I GOT HERE | 11 | 3 APPLICATIONS OF ESSENTIAL OILS |
| 6 | CAN YOU IMAGINE... | 13 | CHOOSE YOUR HEALTH |

"The greatest wealth is health"

VIRGIL



HI! I'M HAYLEY & I'M EXCITED TO TEACH YOU ABOUT ESSENTIAL OILS.

Essential oils are one of the most powerful things on the planet. They are pure plant magic.

We will cover what makes them so magical in this eBook.

First, I'm going to walk you through three things you must know about essential oils before you can use them.

Next, I will teach you the correct way to use essential oils. There is a lot of misinformation out there about this, and I want to ensure you use oils safely and effectively.

Last, I'll cover three specific applications of oils. These will show you how oils can be used to treat every aspect of your body.

You'll be surprised, I think, at how versatile they are. Essential oils are much more than bottles of something that smells good!

I hope you're excited and ready to deepen your understanding of the powerful magic of plants.

Ready? Let's go!





THIS IS FOR YOU IF...

Do you identify with any of the following statements?

- You have a passion for natural living and want to learn more on this topic. And frankly you're tired of traditional medicine compromising your health rather than treating your body as an integrative system.
- You crave solutions that not only treat symptoms but actually prevent dis-ease from happening because you believe preventative care is the key to lifelong vitality.
- You're disillusioned with commercially, mass-produced pharmaceutical choices that are prescribed to the masses with little attention to your unique needs, no clear benefits but plenty of side effects.
- You know something needs to change to improve your health and the health of your loved ones but you're a little overwhelmed with all the ideas out there and don't really know where to begin.

I've identified with all of these at least once. In fact, you may be wondering what my story is. Let me share it with you.

MY STORY

My journey to a holistically healed body began at 5 years old when I was diagnosed with IBS. Terrible stomach pain plagued me.

Little did I know, digestive issues were my gateway to sleepless nights, anxiety and mood problems.

My father was a medical doctor. Like any good father, he made sure “normal” medical protocols were strictly followed like getting flu shots and taking antibiotics to try to help me feel better.

But it didn't help me. In fact, it often had adverse side effects like inflammation and spasms in my gut, anxious feelings, mood swings and general unrest.

By the time I was an adult, I realized I had fallen into my family's footsteps and was pumping myself full of meds I couldn't pronounce.

Even though by that point, I was well into my career as an attorney and was fully capable of researching complex subjects, I still couldn't figure out what exactly was in the western medications I was taking. Ingredients were not clearly stated or even fully explained.



Not only were the medications not helping, they were causing so many side effects: insomnia, nervousness, weight loss, headaches, inflammation, gas, bloating, hormonal issues and even more anxiety and depression.

My own journey to find wellness led me to understand our mind/gut connection and then to become a Board Certified Health and Life coach. I wanted to help others free themselves of physical and emotional discomfort as I had done.

I started seeking alternative modalities including yoga and Pilates (yes, before both were a fad), playing around with plant based diets, juicing (when juice only meant Tropicana OJ), supplementation (who knew we weren't able to get all the nutrition we need from simply food?) and eventually, through a friend, I discovered doTERRA essential oils.



MY STORY

Through my journey, I had tried so many natural remedies: Chinese medicine, herbs, acupuncture... and while these techniques brought some relief, nothing was quite as effective and long-lasting as essential oils.

For me, essential oils became my saving grace. I was able to eat and enjoy food again. My stomach wasn't constantly in knots. My anxious feelings subsided and I was able to focus in a way I never had before in my life.

My passion became my lifeline, and I wanted to share it with everyone. The more I shared my passion, the more lives were changed.

Hearing stories of physical, emotional, and mental healing from my family and friends became the norm. I began teaching classes and sharing my knowledge because I was tired of continuing to see zero support for holistic alternatives from traditional healthcare. The message must get out that essential oils can heal our bodies in so many ways.

I found it interesting that, in my world, no one really knew anything about oils. It struck me as so strange because they'd literally been a foundation of Eastern Medicine for centuries.

What do you think? Maybe a scam by Big Pharma to hide an inexpensive and effective way to naturally heal ourselves from dis-ease?

I became SO passionate about finding all of these natural ways to heal my body because they worked! And without side effects!

They were also preventative, not just symptomatic, and inexpensive compared to doctor's visits, co-pays, insurance premiums, and pharmacy bills (not to mention loss of income from not being able to work).



CAN YOU IMAGINE?

It's possible to experience healing in your body at every level.

Imagine these scenarios with me:

- You take back control of your own health and wellness instead of relying on one-size-fits-all advice.
- You feel empowered to make decisions about your own body that are safe, effective, healing and actually work.
- You wake up feeling completely well rested, energized and focused so you are prepared to start your day, rather than waking up and already feeling depleted or exhausted.

- Your mood is steady throughout the day because you're consistently more energized and productive, which only increases your motivation.
- You're capable of managing the normal stressors and anxieties that come in life with ease, which means you're present to better serve yourself and those around you.

All of these things are within your reach.

You have the ability to choose a safer and purer alternative than what you may already be choosing as your health and wellness care. Ready to learn about it?

3 COOL THINGS ABOUT ESSENTIAL OILS

100% Natural and Safe

dōTERRA essential oils are 100% natural and safe.

There's nothing added to the oil or taken away from it. They're simply pure essential oils with no side effects and no additives.

They're safe for babies, children, adults and the elderly.

Oils are extracts from plants that have amazing health benefits. A pure oil is about 50-70 times more powerful than herbs.

For example, one drop of peppermint essential oil is equivalent to drinking 28 cups of peppermint tea. A little bit goes a long way.

dōTERRA oils are also backed by the Certified Pure Therapeutic Grade standard. This means their purity and potency is backed by a third party.

Each plant was grown in a part of the world where that plant grows best, resulting in the absolute best chemistry for that plant. When you have the ideal natural chemistry, the essential oil extracted does exactly what we want it to do for our health.

More Effective

dōTERRA essential oils are more effective than many modern approaches to health problems.

The reason for this is simple biology. Every cell in our body has an outer, oily membrane that protects the cell.

Two things that can harm cells are bacteria and viruses. Bacteria usually forms on the outside of the cell. Viruses duplicate the DNA on the inside of the cell.

When you have a bacterial infection, you're typically prescribed an antibiotic. It gets rid of the infection, but usually at the cost of wreaking havoc on your gut, hormones, and immune system.

When you have a virus, you're instructed to stay hydrated and let it pass. The reason for this is most modern recommendations are water-based synthetic agents - and frequently come with side-effects and addictions. Water and oil don't mix, which means they are not able to cross the membrane barrier and directly attack the virus.

Essential oils are different.

3 COOL THINGS ABOUT ESSENTIAL OILS

More Effective, cont.

They're different because, as you can guess, they're oil-based. This means essential oils can permeate the cell membrane.

They can work on a cellular level without side-effects or addictions. They can combat bacteria on the outside of the cell and prevent the duplication of viruses on the inside.

That is why they are often more effective than the modern approach to health problems.

Less Expensive

dōTERRA essential oils are less expensive than traditional medical care.

Let's examine how this is possible.

No matter where you live, you may have a variety of medical costs: co-pay, deductible, pharmacy cost, separate physician charge, and so on.

Think of your typical cost when you visit the doctor.

In my family, when someone is sick, we first reach for a natural solution.

For example, if my child has an ear infection, I will rub two drops of lavender and two drops of melaleuca around her ear. Twelve hours later, the ear infection will be cleared up.

It costs me about 64¢ for this solution.

Whether it costs you \$20 for the co-pay and the prescription, or whether it costs \$0 because you live in a country with free medical care, essential oils are still less expensive than the gas in the car you pay to go to the doctor's office.

That does not factor in any time off from work or your regular routine to visit the doctor. Nor does it account for any added cost in the form of probiotics to restore the balance in your child's gut after taking the antibiotics.

I save hundreds of dollars a year in medical costs because of essential oils. You cannot afford NOT to use natural solutions, and that is why essential oils are less expensive than traditional medical care.



3 WAYS TO USE ESSENTIAL OILS

Now that you understand essential oils are safe, effective, more effective, and more affordable, it's time to understand how to use them.

There are three ways you can use oils. Let's talk about them.

Aromatically

Your nose contains your olfactory nerve. This nerve sends messages to the limbic system in your brain, which in turn sends messages all over the body.

This nerve is the reason why anesthesia delivered through your nose is effective in sedating you. It's the fastest way to access the brain.

The same process of transmitting the synthetic compounds of anesthesia is what happens with the natural compounds found in essential oils.

The olfactory nerve works the same way with the aroma of essential oils, which means breathing them in is one of the best ways to reap their benefits quickly.

You can breathe them from your hands, use them in a diffuser, or breathe them right from the bottle.

A diffuser is especially effective because the aromatic compounds are lifted into the air and suspended there so they remain in the pathway of your olfactory nerve for hours.



3 WAYS TO USE ESSENTIAL OILS

Topically

Essential oils are safe to apply directly to the skin. For children and people with sensitive skin, you'll want to dilute them with a carrier oil (like fractionated coconut oil). It's just as effective; it just takes a little longer to absorb.

Oils can be applied many places on the body. The pores of our skin act as an entry point for oils to enter the bloodstream and immediately begin their work.

Here are some examples:

- If you have a stomach ache, rub an oil on your belly.
- If you have a headache, rub an oil on your temples.
- If you have a chest cold, rub an oil on your chest.
- If you cut or burn your finger, put a drop on the burn or possible infection.

Internally

Essential oils are recommended to be taken internally. The CPTG standard mentioned earlier means they are a medicinal grade, and are completely safe to ingest.

You can put them in your mouth or drink them in water. You can even add them to a veggie capsule and make your own supplement.

Ingesting oils means they go right into your digestive system and absorb into your organs. This makes them amazing support to your immune system, assist with relaxation, help your skin and even manage your emotions.

Ingesting oils is truly the way to best take advantage of all they have to offer.

3 APPLICATIONS OF ESSENTIAL OILS

Knowing now that essential oils are safe to use, more effective than many modern approaches to health problems, and are less expensive than traditional medical care, you should feel secure in the choice to use them.

Additionally, you also know how to best use oils.

Let's talk some specific applications of essential oils so you can understand how they improve overall wellness.

Physical Wellness

You probably know the immune system is the way your body defends itself, but did you know 70% of the immune system is located in your gut?

This is why your overall health is so intricately linked to your digestive system. And this means the digestive system is responsible for not only literally digesting food, but for protecting the body as well.

You can imagine how important it is to support your digestive system as much as possible.

It's estimated 74% of people worldwide are living with various digestive concerns. If you recall my story, you know I was one of those people.

My entire journey began with my desire to treat my digestive issues -- and essential oils became the vehicle that delivered the solution for me.

There are many oils that support the digestive and immune systems, but one of the most powerful ones is Peppermint.

Peppermint benefits your digestive system because it targets gut motility. Gut motility refers to the contractions your large and small intestines have as they digest food. Low gut motility means you suffer from things like gas, upset stomach, and bloating.

Peppermint benefits your immune system because of the work it does with gut motility. When toxins are not being effectively removed from your body, your immune system can become compromised.

Taking peppermint internally through a supplement or even adding 1 drop to water will enable it to help your digestive and immune systems.



3 APPLICATIONS OF ESSENTIAL OILS

Emotional Wellbeing

We have emotions all day long in response to the thoughts crossing our minds. It's normal to want to feel more of the good emotions.

Countless medical studies have shown people who invest time in themselves experience more joy. Establishing a self-care ritual with the use of essential oils is one way to easily do this.

Essential oils can assist in helping you feel more grounded and balanced. They can be used to shift your mindset to a positive place.

Citrus and mint oils are perfect for this because they are uplifting and energizing.

You can add a drop of Wild Orange to water, or diffuse it for an instant mood boost.

Mental Wellbeing

The busy, 24/7 nature of lives has made us chronically sleep deprived and stressed. Lack of sleep and high stress means we can be more prone to getting sick, having extreme mood swings, and chronic fatigue.

Unfortunately, too often the default treatment is prescription medication, which comes with a host of known side effects... while never treating the root cause of our lack of sleep and stress.

Essential oils can assist you by promoting relaxation, and by providing tools to center your thoughts. An oil like Lavender or Roman Chamomile has proven calming properties as well as the ability to soothe our minds.

You can diffuse or apply these oils topically to get the best benefit.



CHOOSE YOUR HEALTH

My goal for you is that you have an understanding that your hope of being empowered to make decisions about your healthcare, build customized solutions for yourself and your family, and choose solutions with no side effects is all 100% possible with dōTERRA essential oils.

If you're ready to make this decision, then you should know there are three ways you can bring oils into your life and your home.

- Retail - most expensive. Typically reserved when you purchase through a specialist (like a chiropractor)
- Wholesale - 25% below retail prices
- Below Wholesale - the preferred method (and how I get my oils)

Before I explain the options before you, I want you to understand that if you choose to invest in your health with dōTERRA, I will invest in you with these three bonuses:

- A free diffuser so you can use your oils in more than one room of your home. \$50 value
- Essential Oil Education Bundle - this includes three eBooks with deeper information on how to use your new oils. \$50 value
- Access to my customer group - where you'll receive ongoing education and information about oils. \$80 value
- Wellness Overview - a personalized session with me where we will put together an oil protocol customized to your needs. \$100 value



CHOOSE YOUR HEALTH

The total bonus value is \$280, and this is my gift to you - to not only congratulate you on your first steps of taking back control of your own health, but to encourage and support you as you begin this journey.

And now you have a decision to make.

You can keep doing what you're doing and make no changes to your habits or lifestyle. You'll continue to feel tired, worn down, and depleted, and have no control of your own health and wellness

Or, you can 100% commit to making small changes in the right direction, which will amount to a huge improvement in your holistic wellness.

What's exciting about the second option is not only will you see improvement in your health, but your family's health will improve too.

If you are leaning toward the second option, knowing you'll be fully supported with all I am prepared to give you, then I invite you to visit the following link and take your first step on this journey -

yourwholeoils.com/kits

You'll be able to decide which kit of oils best fits your needs, and start investing in your wellness.

I'm excited for you and can't wait to hear how much your life improves. You're about to begin the best part of your life.



ALL YOU NEED TO KNOW ABOUT ESSENTIAL OILS

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