



# Women's Breast Health

**A** AROMATIC

**T** TOPICAL

**I** INTERNAL

**N** NEAT



## Grapefruit

- Apply diluted over lymph node and kidney areas, and on bottoms of feet to balance body fluids and maintain a healthy lymphatic system.
- Add to water or tea for a twist in flavor, to boost metabolic activity, and for gallbladder benefits.\*
- Take 3-5 drops in veggie capsule to help maintain a healthy appetite, maintain healthy weight, and curb cravings.\*



## Clary Sage

- Diffuse **Clary Sage** + **Juniper Berry** + **Lavender** + **Ylang Ylang** to calm and restore.
- Massage on lower abdomen, around breast tissue, and on ankle uterine reflex points to promote and maintain healthy estrogen levels already within normal range and diminish monthly menstrual discomforts.
- Combine with **Frankincense** and apply on back of neck and up spine to support healthy brain function, and promote focus and clarity of mind.



## Phytoestrogen

- Helps minimize menstrual discomfort and promote breast health. Creates competitive inhibition, contains no harmful metabolites, and provides mild healthy estrogenic effects.
- Supports healthy release of testosterone.\*
- Take 1-2 capsules per day with food.



## Turmeric

- Take to support and improve immune and cellular responses and help muscles and joints move more freely, supporting the cox-2-pathway.\*
- Take internally to support healthy cells, nervous and digestive systems, and brain function and vitality.\*
- Apply 1 drop with **Fractionated Coconut Oil** after strenuous activity and provide natural tissue support.
- Take 2 drops in veggie capsule, morning and night, for antioxidant support and to improve immune response.\*



## ClaryCalm®

- Apply to heart and bottoms of feet to help with hormone-related feelings of anxiousness and sleeplessness.
- Apply to calm experiences associated with hot flashes, menstruation, menopause, and to support healthy estrogen levels.
- Apply to support uterine and breast health, and hormone balancing.



## Pink Pepper

- Take internally and apply diluted on lymph node and kidney areas, and on bottoms of feet to balance body fluids and maintain a healthy lymphatic system.\*
- Combine with **Copaiba** + **Black Pepper** and take in veggie capsule multiple times daily to help maintain healthy inflammatory response.\*
- Take internally to calm the nervous system and promote cellular, liver, and breast health.\*



## Frankincense

- Apply on bottoms of feet to help maintain healthy immune and cellular function.
- Take 1-2 drops under tongue or in veggie capsule to maintain a healthy nervous system.\*
- Diffuse 3-5 drops during morning yoga practice while focusing on intention for the day.



## Turmeric Dual Chamber Capsules

Powerful synergy of tumerones and curcuminoids, intentionally partnered to maximize the effectiveness and benefits of both compounds for a healthy inflammatory response.

- Provides enhanced absorption and increased bioavailability of curcuminoids.\*
- Assists in promoting healthy metabolism, and cellular and nervous system function.\*
- Neutralizes free radicals and stimulates body's antioxidant enzymes.\*
- Take 2 capsules daily as needed to support an active lifestyle.\*

## Directions For Use

- A** Use 3-4 drops in diffuser or place 1-2 drops in palms and inhale deeply.
- T** Apply 1-2 drops to desired areas. Dilute with **dōTERRA® Fractionated Coconut Oil** to minimize skin sensitivity as needed.
- I** Take 1-4 drops in 4oz of liquid, under tongue, or in veggie capsule.\*

☀️ Avoid sun or UV ray exposure for at least 12 hours after applying citrus oils topically (or blends containing citrus essential oils)

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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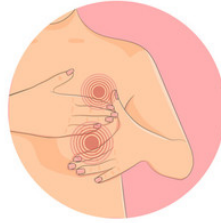
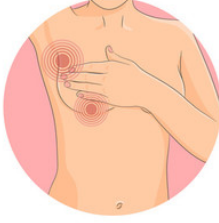
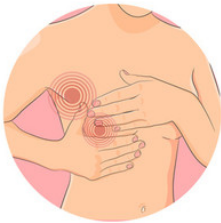
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## Lymphatic Breast Self-Massage



- Helps detect unhealthy breast tissue.
- Promotes lymphatic drainage so toxins can be flushed out.
- Helps relieve muscle tension in the chest and back.
- Promotes self-love and deeper connection with your own body.
- Safe to do on your own, and in the comfort of your home.



### Breast Detox

4 drops **DDR Prime**<sup>®</sup>  
4 drops **Frankincense**  
4 drops **Grapefruit**  
4 drops **Pink Pepper**

Dilute and apply to each breast twice a day for 30 days.



### Breast Support

1 drop **Clary Sage**  
1 drop **Geranium**  
2 drops **Fennel**  
2 drops **Lemongrass**

Combine in 10mL roller bottle and top off with **Fractionated Coconut Oil**. Apply on breast and massage before bed daily.



### For Breast Health

Balance<sup>®</sup>  
Cardamom  
Clove  
Copaiba  
Frankincense  
Lavender  
Lemon  
Thyme  
Wild Orange



### For Pain

Frankincense  
Helichrysum  
Vetiver  
Wild Orange  
Wintergreen



### For Nerve Pain

Deep Blue<sup>®</sup>  
Peppermint  
Vetiver



### Others To Consider

AromaTouch<sup>®</sup>  
Cypress  
Grapefruit  
Marjoram

## Treat Your Body with Kindness & Respect



**Eat Nutritious Foods**



**Exercise**



**Get Quality Sleep**



**Limit Alcohol & Don't Smoke**



**Maintain Healthy Weight**



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## Breast Form & Function

- Serve as mammary glands; major function is to produce and secrete milk to feed infants.
- At puberty, estrogens, in conjunction with growth hormones, cause development in females.
- Covered with subcutaneous fat, enveloped in a network of ducts, giving size and shape.
- Milk is produced/stored at ends of ducts in response to hormonal signals.
- Respond to a complex interaction of hormones during pregnancy in preparation for lactation and breastfeeding.
- Both females and males develop breasts from the same embryological tissues.
- Prominent in the perception of a woman's body and sexual attractiveness; associated with sexuality and are an erogenous zone.



## Daily Breast Health



### Proactive Habits

- Treat your body with kindness and respect
- Eat nutritious foods; avoid junk foods
- Take quality, targeted supplements
- Exercise
- Get quality sleep
- Limit alcohol intake
- Avoid first and secondhand smoking
- Maintain a healthy weight

### Breast Support Recipe



5 drops  
**Geranium**

5 drops  
**Clary Sage**

10 drops  
**Lemongrass**

10 drops  
**Fennel**

Combine in 10mL roller bottle and top off with **Fractionated Coconut Oil**. Apply to breast area before bed daily.

### Why Essential Oils For Breast Health?

- Help balance, detoxify, and maintain supple breast tissue.
- Improve lymphatic circulation.
- Stimulate the immune system.
- Provide high concentrations of chemical constituents helpful in maintaining healthy cellular activity.
- Limonene is particularly effective when taken internally to promote cellular health in liver and breast tissues.\*
- When applied, release therapeutic benefits into the circulatory system.

### Daily Habits



#### Alpha CRS<sup>+</sup>

Milk Thistle, Resveratrol, Pomegranate, Turmeric, and more

- Supports body's detoxification of xenoestrogens.\*
- Helps body clear estrogen metabolites.\*
- Protects against free radical scavenging.\*
- Protects against negative effects of endocrine disruption.\*



#### xEO Mega<sup>®</sup>

Flax Seed Lignans and Pomegranate

- Helps manage estrogen metabolites from liver.\*
- Supports healthy release of sex & binding hormones.\*
- Supports healthy levels of progesterone, estrogen, and testosterone.\*



#### Microplex VMz<sup>®</sup>

- Provides 22 essential vitamins and minerals
- Supports normal cell growth, function, and maintenance.\*
- Fights free radicals with the antioxidant vitamins A, C, and E.\*
- Supports healthy metabolism and cellular energy.\*
- Supports bone health with calcium, magnesium, zinc, and vitamin D.\*
- Supports healthy digestion and immune function.\*
- Provides iodine, important for breast health.\*



#### Turmeric Dual Chamber Capsules

- Powerful synergy of turmerones and curcuminoids, intentionally partnered to maximize the effectiveness and benefits of both compounds for a healthy inflammatory response.\*
- Provides enhanced absorption and increased bioavailability of curcuminoids.\*
- Neutralizes free radicals and stimulates body's antioxidant enzymes.\*





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## Healthy Estrogen Levels In The Body

Avoid endocrine disruptor exposure; prevent influence and detoxify from xenoestrogens.



### Phytoestrogen

- Helps minimize menstrual discomfort and promote breast health.\*
- Creates competitive inhibition, contains no harmful metabolites, and provides mild healthy estrogenic effects.\*
- Supports healthy release of testosterone.\*



### Clary Sage

- 1 Massage on lower abdomen, breast tissue, and ankle uterine reflex points to help maintain healthy estrogen levels already within normal range and diminish monthly menstrual discomforts.



### ClaryCalm®

- 1 Apply to calm experiences associated with menstruation such as heaviness or discomfort, or menopause such as hot flashes, and to support healthy estrogen levels.
- 1 Apply to support uterine and breast health, and hormone balancing.
- 1 Apply to heart and bottoms of feet to maintain sense of balance despite hormone-related moods, anxious feelings, and sleeplessness.

## Lymphatic & Cellular Health



### Frankincense

- 1 Take 1-2 drops under tongue or in veggie capsule twice daily and apply on bottoms of feet to help maintain healthy immune and cellular functions.\*
- 1 Apply to breast tissue daily; use consistently for 30 days a few times a year as a breast detox.



### Grapefruit

- 1 Apply diluted over under arm lymph and breast areas, and on bottoms of feet to support balanced body fluids and maintain a healthy lymphatic system.
- 1 Take 3-5 drops twice daily in veggie capsule to help maintain a healthy cellular environment, progesterone levels, appetite, and weight.\*



### Pink Pepper

- 1 Apply diluted on under arm lymph and breast areas and on bottoms of feet to support balance body fluids and maintain a healthy lymphatic system.
- 1 Take in veggie capsule twice daily to help maintain a healthy inflammatory response.\*
- 1 Take internally to promote cellular and breast health.\*



### Turmeric Essential Oil

- 1 Take or apply to support healthy cells.\*
- 1 Take 2 drops in veggie capsule, morning and night, for antioxidant support and to improve immune response.\*

## Mammography Vs. Thermography

Routine breast examines encouraged once per year for women age 40+.

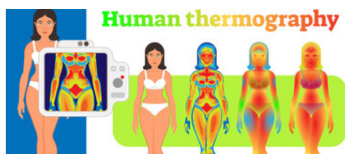
### Mammogram: X-ray of the breast.

- Can detect unhealthy breast tissue up to 2 years before it can be felt with examination.
- As high as a 50% false positives tests.
- Involves exposure to radiation.



### Thermogram: Heat analysis scan of breast tissue.

- Determines metabolic activity.
- Can detect unhealthy breast tissue up to 10 years before any other modality.
- Not limited in scope as compared to mammogram; also shows vascular, lymphatic, neurological status.



## Quarterly Breast Detox



Mix ¼-½ teaspoon **Fractionated Coconut Oil** in palm with essential oils and massage mixture onto each breast twice daily for 30 days.

Repeat one-to-four times a year.

Supports breast tissue health, lymphatic circulation, and promotes routine cellular repair and regeneration.

## CLEANSE & RESTORE



The doTERRA **30-Day Cleanse** was created to help rid your body of toxic load and to support the overall function of the body's systems and organs.

The cleanse consists of three 10-day phases:  
**Activate, Reset, & Renew**