

'Weight loss and essential Oils





ADRENAL



OVARY

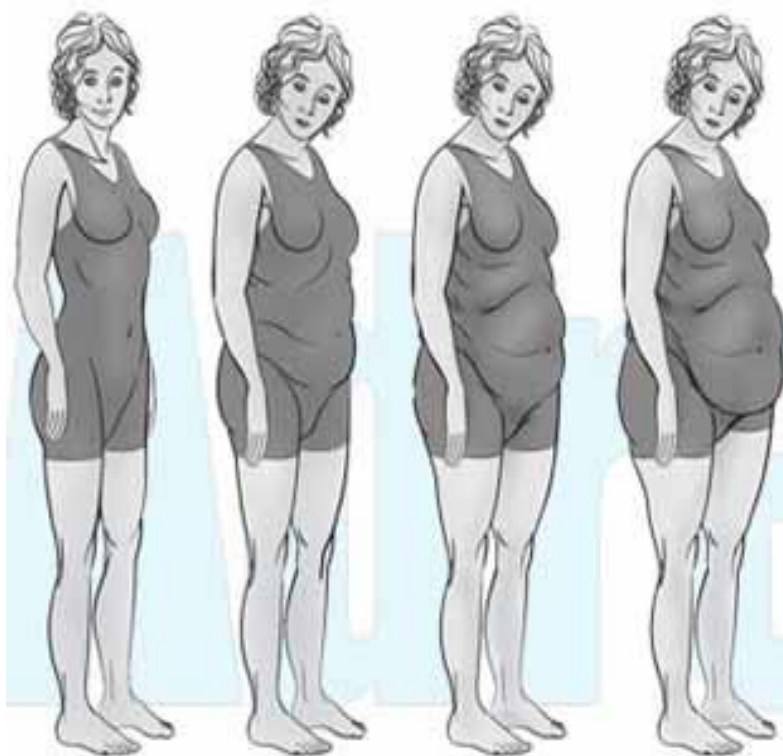


THYROID



LIVER

*Body
types*



Adrenal

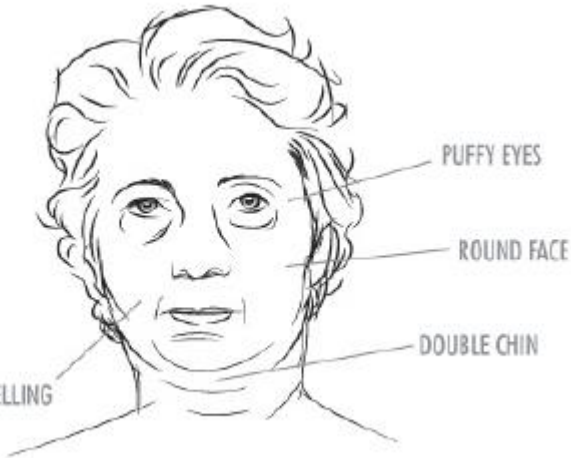
- Insomnia
- Anxiety
- Can't tolerate stress
- Weak or brittle bones
- Pendulous/hanging abdomen
- Acne or poor skin
- Facial hair
- Needs coffee to wake up
- Inflammation or pain in joints, back, neck
- Heel spurs
- Fibromyalgia
- Legs feel heavy, especially when exercising
- Autoimmune conditions
- Buffalo hump (fat pad) at the upper back, lower neck area

NORMAL



In this state, the body is trying to increase its survival by holding on to fat energy around the vital organs in the stomach area and the face.

FACIAL SWELLING



PUFFY EYES

ROUND FACE

DOUBLE CHIN

Of course, the body doesn't seem to care what the person will end up looking like. The face and eyes will become puffy, and a double chin and rounding of the face can develop.

In order to get into fat burning, there must be NO extra sugar or very Limited sugar present in the blood.

If the adrenals are constantly releasing sugar, how the heck are you supposed to lose weight?

In the presence of sugar or refined carbohydrates, your body CANNOT and WILL NOT burn fat.

In fact, sugar triggers the fat-storing hormone insulin, which will override all other fat-burning hormones and turn them off.

The body will ALWAYS burn sugar in place of fat.
A good thing to do is consume small amounts of protein in between meals
To prevent the body from eating itself. Raw nuts and seeds are best.

Cravings



HOW DOES IT WORK?

Cravings for salt in the form of cheese, pretzels, nuts, popcorn or chips in the evening are common. People search the cupboards late at night for Something crunchy and cheesy. This is because the adrenals regulate salts in the body.

Adrenal support



- calming and relaxing
- may help reduce stress and anxiety
- For individuals with an adrenal body type, who may be prone to high levels of stress and cortisol production, lavender essential oil may help promote a more relaxed and balanced state.
- Proven pain-relieving oil together with peppermint
- tames inflammation
- and helps heal your gut.

Adrenal support



- enhances weight loss,
- provides stress relief,
- and reduces anxiety
- In one very recently published study coming out of Japan, mood, cortisol levels, and fatigue were all improved in a short amount of time after inhaling bergamot essential oil.



Craving control

8 drops of Peppermint essential oil

8 drops Grapefruit essential oil

5 drops of Lemon essential oil

Stress relief

12 drops Lavender essential oil

9 drops Frankincense essential oil

9 drops Wild Orange essential oil

Adrenal support





**22 drops lemon
9 drops rosemary
9 drops Frankincense
9 drops Basil
Top up 10ml bottle with carrier oil
Massage into neck and kidney area
2-3 daily**

Adrenal support



Bladder support



15 x Cypress
15 x juniper berry
10 x smart and sassy
In 10ml

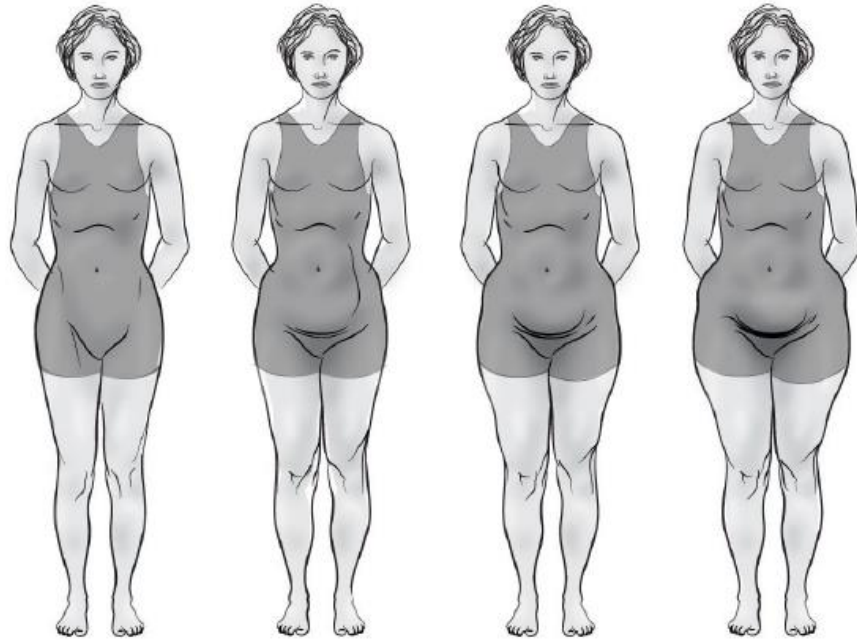


Adrenal support





Adrenal support



Normal

Stage 1

Stage 2

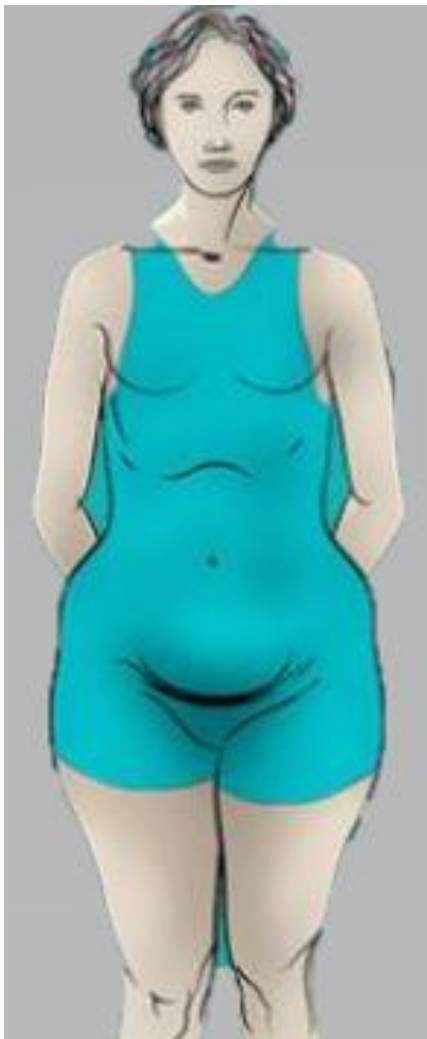
Stage 3

Ovaries are very sensitive to environmental hormones.

Because the ovaries produce estrogen, when these external estrogens not produced by the body enter the system, the ovaries' own production becomes disrupted.

This can create one of two situations:

- The ovaries increase their production of estrogen, creating more fat deposits around the hips and thighs and lower stomach.
- The ovaries shut down their production of estrogen.



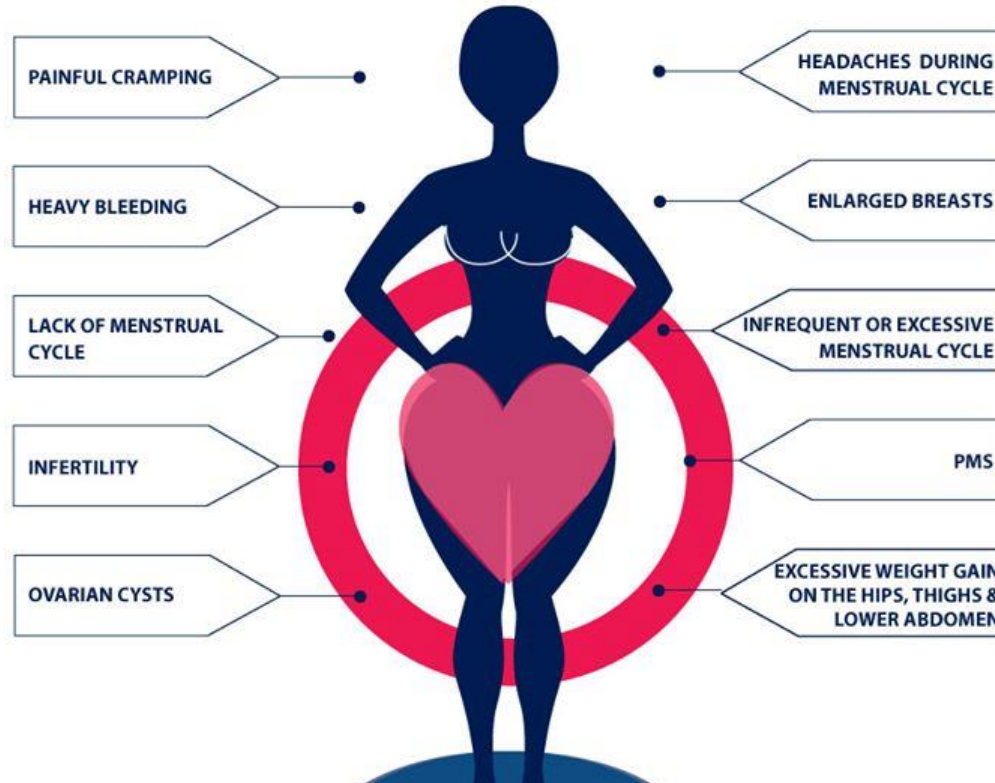
When ovaries become dysfunctional, they can produce an excess of estrogen, which causes more fat.

One can see this on “saddlebag” thighs, the lower stomach and the buttocks.

The lower stomach fat usually shows up just below the bellybutton as a bulge.

Fat cells, by the way, also produce estrogen.

THE EFFECTS OF HIGH ESTROGEN



Symptoms

01.

Weight gain in hips,
thighs and buttocks

History of PMS

02.

Weight gain or bloating
around that time of the
month

Ovarian cysts

03.

Infertility
Hot flashes

Night sweats
Vaginal dryness

04.

Cyclic acne
Cyclic mood swings

Excessive menstrual
bleeding

ENVIRONMENTAL HORMONES

Environmental hormones are those that come from birth control pills, hormone replacement therapy (HRT) and other external supplies of hormones that enter the body



OVARIAN CYSTS

Pesticides on our foods can also act like estrogen and cause cysts, fibroids (fibrous growths) and tumors on the ovaries and uterus.



MENOPAUSE – OVARIES SHUT DOWN

When this occurs the adrenal glands kick in and begin producing hormones similar to those the ovaries once produced, only in smaller quantities



CAUSES



Hypothalamus



Hormonal imbalance after a hysterectomy affects the function of the hypothalamus, which regulates body temperature.





INSIDE the blend

Roman Chamomile
helps ease muscle tension
& relaxes the body

Ylang Ylang is
calming to emotions
& uplifting to mood

Geranium helps balance
the endocrine system

Lavender soothes muscle
tension & calms the body



Bergamot boosts
confidence in self &
uplifts mood



Cedarwood supports
normal hormone levels

Clary Sage is balancing to hormones
& soothing to menstrual cramps

Phytoestrogen Essential Complex *benefits*

Provides supplemental dietary phytoestrogens that help balance and support normal hormone levels.*

Provides nutritional support to manage estrogen metabolism.*

Can complement a program of correct eating, exercise, and hormone therapy to help minimize the uncomfortable symptoms of PMS and transition through menopause.*

Supports healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.*

Includes a potent soy extract standardized to 64% isoflavone content, with a minimum of 50% genistein, that's scientifically substantiated to provide health benefits to a woman.*

Contains a flax seed extract standardized to 40% lignans, which helps manage estrogen metabolism.*

Is formulated with a standardized pomegranate extract, providing powerful antioxidant support.*

Contains an all-natural formula made with sodium lauryl sulfate-free HPMC vegetable capsules.



OMEGAS FOR MENTAL HEALTH SUPPORT

04

Omegas are amazing to support your brain and heart health.

Did you know increasing your omegas can help support your mood?

Order an extra bottle of xEO Mega with your Lifelong Vitality pack (LLV) to increase your omegas and notice a difference in your mood and how you feel.



Take 6-8 xEO Mega per day

@drlauraricci

Swipe Left

dōTERRA

xEO MEGA®

Essential Oil Omega Complex

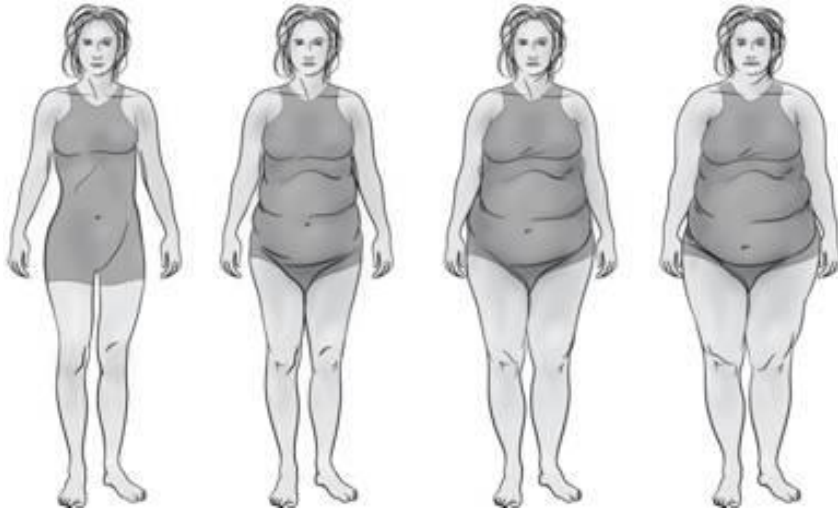


PRIMARY BENEFITS:

- Promotes heart and circulatory health*
- Supports healthy joint function and comfort*
- Provides immune-boosting nutrients*
- Protects against lipid oxidation and supports healthy function of the brain, eyes* and nervous system*
- Promotes healthy skin*
- Specially formulated to be used daily with Microplex VMz® and Alpha CRS®+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

Adults, take 4 capsules per day with food.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



The thyroid gland regulates the rate at which the body burns food and controls the production of certain body tissues such as nails and hair.

The thyroid gland also regulates body temperature, breakdown of carbohydrates, mental clarity and well-being, energy levels and even vitamin absorption.

Cholesterol levels, hair texture, nail strength, suppleness or dryness of the skin and sex drive are all directly influenced by the thyroid.

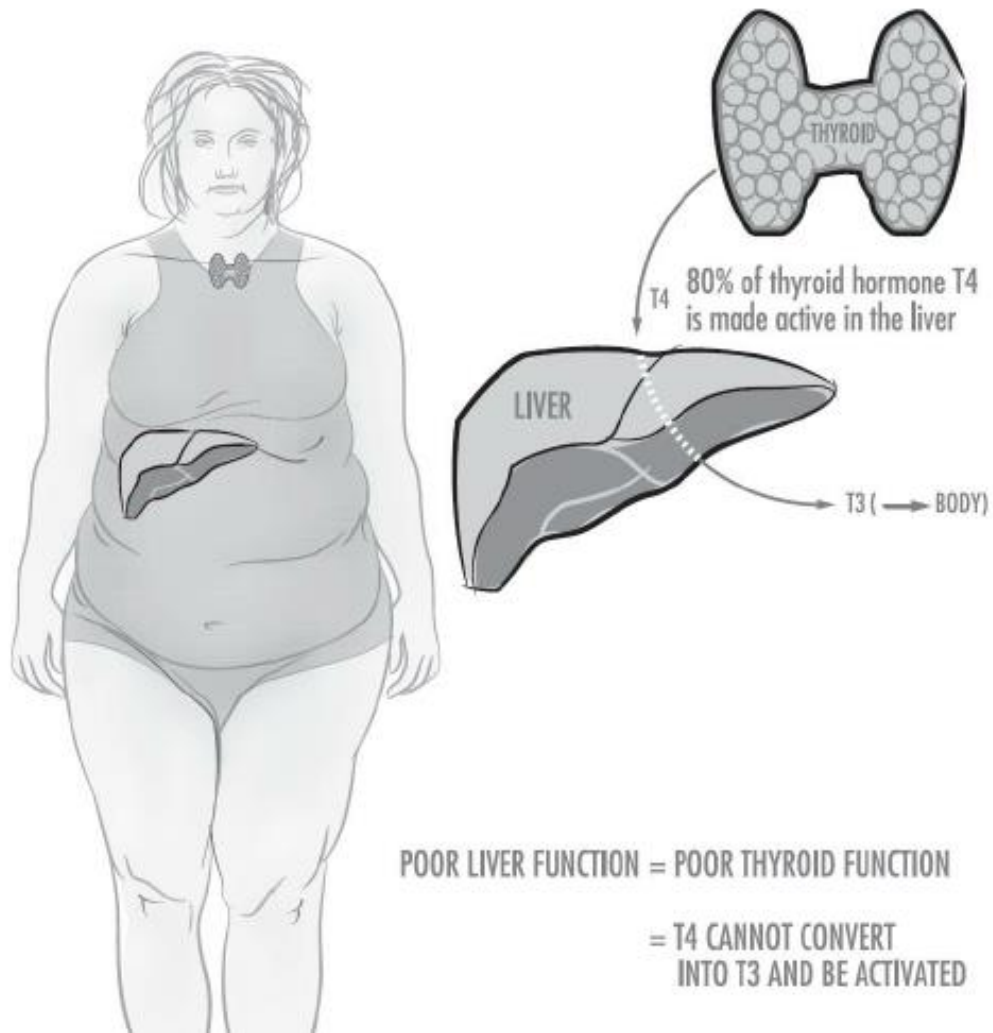


CRAVINGS FOR BREAD



CRAVINGS FOR SUGARY CARBOHYDRATES







doTERRA®

Smart & Sassy™

Active
Blend

15 mL

Essential Oil Blend



dōTERRA®

MetaPWR™

Satiety Gum

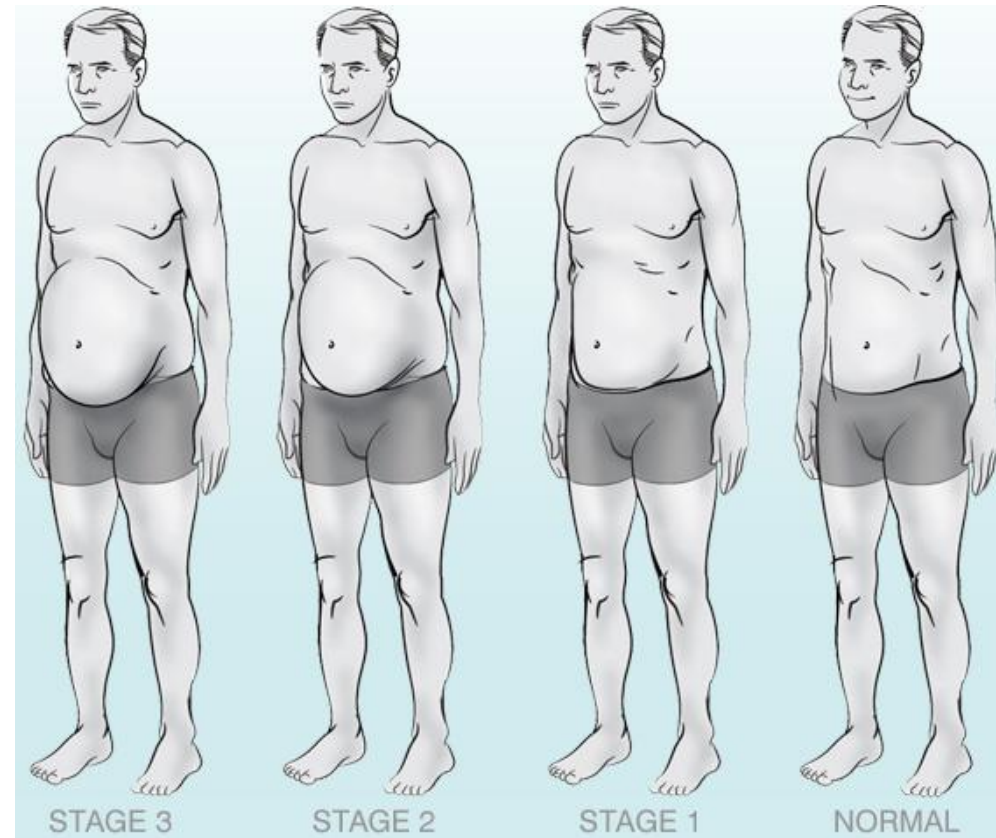
One drop of dōTERRA® MetaPWR™
Metabolic Blend in every piece.

Sugar-free Gum
30 Pieces

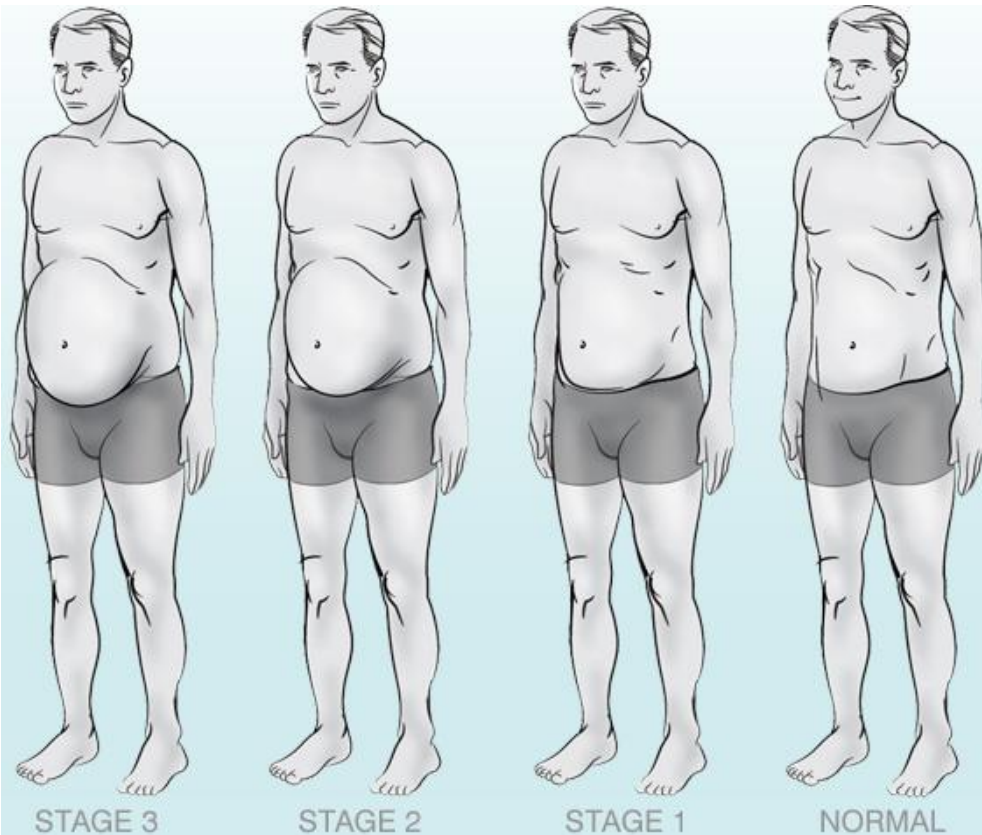








Liver types usually have a dull pressure and fullness in the upper abdomen just under the right rib cage. Some of these people get tired for a while after each meal. When they lie on their left side at night, it becomes uncomfortable due to a swelling of the liver, which pushes into the diaphragm, cutting down the expansion of breathing. Lying on the right side seems to be the most comfortable. They are sensitive to a whole range of foods, especially fatty foods and refined grains, and must eliminate grains altogether or suffer the consequences of bloating, gas and indigestion.



A big cause of liver problems is toxic chemicals. This is another way in which estrogens from the environment, along with pesticides and insecticides like DDT, adversely affect the body.

These substances become trapped in the liver and create altered function



Anise



Caraway



Coriander



Tarragon



Roller blend for your liver

- (10ml rollerball)
- Ingredients:
- 5 drops Geranium essential oil
- 5 drops Frankincense essential oil
- 3 drops Grapefruit essential oil
- 3 drops Ginger essential oil
- 2 drops Rosemary essential oil

- Directions:
- *Add to a 10ml roller bottle, fill to top with fractionated coconut oil.*
- *Apply this roller blend daily to your liver, or bottom of your feet before going to bed to give your liver some extra love.*



- Supports the healthy functioning of the liver, kidneys, colon, lungs, and skin (all the detoxification organs!)
- Helps the body's natural ability to eliminate toxins and unwanted substances
- Great anti-oxidant and helps the body to eliminate the free-radicals which can slow the systems down.





- It's the bluest of all the chamazulene oils
- doTERRA's Yarrow POM contains NO THUJONE
- helps maintain healthy vessel tone
- It helps the body maintain routine processes of purging toxins.
- for women, helps sustain a healthy monthly flow and reduce occurrence of occasional discomfort.
- balances fight or flight response
- particularly beneficial for skin, liver, breast cells, and blood sugar support.
- Activates cognitive processes, emotion, and supports memory recall
- Supports healthy hormone production.



- Helps in Phase II of liver detoxification (via increasing the detox enzyme glutathione-S-transferase)
- Lowers oxidative stress in the liver
- Reduces excessive cholesterols
- Helps the body detoxify black mold
- Reduces airborne bacteria by 89% along with Geranium
- Possibly helps in skin, colon, and liver cancer prevention



***Hormonal
support***

Banish Brain Fog

8 drops Tangerine or Wild Orange essential oil

7 drops Peppermint essential oil

5 drops Rosemary essential oil

5 drops Basil essential oil

4 drops Ylang Ylang essential oil

Carrier oil of choice (Fractionated Coconut Oil

or Sweet Almond Oil)



Directions:

Add the essential oils to a 10 mL glass rollerball bottle and fill the rest with your carrier oil. Swirl to mix them together. Apply to the back of your neck and your FEW spots - feet, ears, wrists. Mental clarity and alertness will return. Couple this with your deep breathing technique to lower stress levels and prepare to face the world with your best self!

<https://sharinggifts.newzenler.com/courses/14-day-weight-loss-detox-challenge-all>

