



# mandala Essentials



*Wellness, Self Care + Daily Health Habits*

# Introduction

Health is not merely the condition of being free from illness, injury or pain, it is your overall state of wellness on all levels of your being: physical, social, emotional, mental and spiritual. Some of the factors that influence health are environmental, behavioral, social, cultural, economic, and political

This ebook is intended to help you focus on you and your health, well-being and create a self care routine that works for you so that you can enjoy life fully.

We are here to help guide you on this journey.

The areas we will be covering are :

Nutrition

Hydration

Sleep

Movement

Self care + emotional support





# You are what you don't eat

## *Why is eating a well-balanced diet important ?*

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

## *Why is eating a well-balanced diet important ?*

Eating a plant-based diet has been linked to lower risk of obesity and many chronic diseases, such as heart disease, type 2 diabetes, inflammation and cancer. Plant-based or plant-forward eating patterns focus on foods primarily from plants. This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans. It doesn't mean that you have to be vegetarian or vegan and never eat meat or dairy again. Rather, you are proportionately choosing more of your foods from plant sources which reduces acidity in your body and helps with a health inflammatory response.

## *Why do we need supplements ?*

Our food source isn't as whole as it once was, and our daily requirement for fruits and veggies has doubled in the past 15yrs. Supplements are a natural way of boosting your immune system and a cost effective way of keeping yourself healthy. Supplementation helps to transport and feed your muscles. It also helps to counter any minor or major deficiencies you may have. A common one being Vitamin D due to lack of sunlight and overuse of sunscreen. They keep your body and hormones balanced. Supplementation provides anti-oxidants (like vitamins A,C and E) that we can't get 100% from food. Most medications deplete essential nutrients and in this age of pharmaceutical drugs, supplements help to restore balance. Supplementation may aid in preventing some health issues like high cholesterol. Supplements are generally in a form that is easy for your body to absorb and utilize. They help with oxidative stress.



# Support your body

## *How can we support our bodies ?*

While diet is the key to getting the best vitamins and minerals, supplements can help. For instance, even if you're doing your best to eat healthy foods, you likely are still deficient in some areas. The key is to ensure they're taken in addition to healthy diet choices and nutrient-dense foods. They're supplements, not replacements. We can support our bodies with essential vitamins and minerals but also with probiotics - which are beneficial bacteria that promote a healthy gut, strengthened immune system, weight loss and reduced cancer risk and enzymes.

## *Why are enzymes important ?*

As specialized proteins that act as catalysts for cellular function, enzymes play a critical role in growth, healing, reproduction, breathing, thinking, immune function, hormone regulation, detoxification, and thousands of other biochemical functions. Enzymes also assist in the digestive process and in converting food into energy in cells—making exogenous enzymes (which must be consumed as the body is unable to produce them) one of the most important components of our diets. Fresh, raw foods naturally contain sufficient enzymes for proper digestion in the body. However, when food is cooked and processed, these naturally occurring food enzymes can be destroyed. One of the many benefits of better digestion is increased cellular energy.\* Whole food enzymes are able to break down specific macro and micronutrients so that they can enter systemic circulation and be used for energy needs.



***Your foolproof guide to cleaning up your diet, eating healthier and feeling better through supporting your body includes :***

- Load Up On Fruits and Vegetables.
- Go Whole Grain
- Eat less meat and dairy
- Limit processed Foods
- Limit added sugar
- Keep an eye on sodium
- Get organic where you can



# Rest + Digest

## Seven steps to optimal digestive health :

- Eat whole, unprocessed foods.*
- Eliminate food allergies*
- Treat any infections or overgrowth of bugs*
- Replenish your digestive enzymes*
- Rebuild your rain forest of friendly bacteria.*
- Get good fat*
- Heal your gut lining*

### **TerraZyme**

Supports healthy digestion and metabolism of enzyme-deficient, processed foods\*  
Supports conversion of food nutrients to cellular energy\*  
Promotes gastrointestinal comfort and food tolerance\*  
Supports healthy production of metabolic enzymes\*  
Proprietary blend of 10 active whole-food enzymes  
Contains the doTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed  
Sodium lauryl sulfate-free HPMC vegetable capsules  
Safe and effective



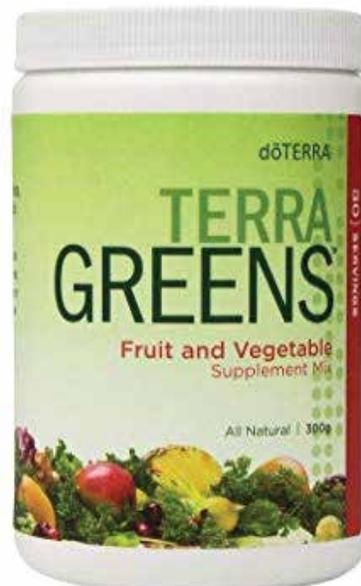
### **PB Assist+ Probiotic Defense Formula**

PB Assist+ is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique doublelayer vegetable capsule. It delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructooligosaccharides) that encourage friendly bacterial growth.\* The time-release, double-capsule delivery system is designed to help protect the sensitive probiotic cultures from stomach acid. PB Assist+ offers a unique, safe, and effective way to deliver the well-recognized digestive and immune system support benefits of probiotics.\*



### **Terra Greens**

Provides the body with essential nutrients  
Supports immune health\*  
Supports digestive health\*  
Supports weight management\*  
All natural ingredients  
Gluten free  
Does not contain genetically modified material  
Vegan friendly



# Supplement to a healthy body

## Life Long Vitality Supplements



**LOOK, FEEL, AND LIVE  
YOUNGER, LONGER**

*A super easy way to fill in the gaps that your lifestyle + diet create*

### **Alpha CRS+**

Every day, our DNA and other cells are under attack from free radicals that damage them. Alpha CRS+ combats this, and stimulates overall cellular health. For this reason, Alpha CRS+ is also known as the cellular energy and longevity blend. Some of the nutrients included in the formula are coenzyme Q10 and acetyl-l-carnitine, which help the metabolic processes of the cell to give you more energy. There are also antioxidants like quercetin and alpha-lipoic acid that help combat oxidative stress and aging. Finally, a botanical extract of Ginko biloba helps support mental clarity and energy.\*

### **Microplex VMz**

This complex contains natural highly bioavailable vitamins, minerals, and trace elements in proportions that work hand-in-hand with your diet. (For example, vitamins A, C, and E, B, and D, and the minerals calcium, magnesium, and zinc.) Often, vitamins and minerals included in supplements can be difficult for our bodies to absorb. However, Microplex VMz solves the absorption issue by using a glycoprotein matrix to help the body absorb vitamins, and chelated minerals (meaning the mineral is bound to an amino acid). In essence, this process makes the supplement recognizable as food nutrients to our digestive systems.\* Overall Microplex VMz supports healthy metabolism, digestion, immune function and cellular energy.

### **xEO Mega**

xEO Mega takes care of your remaining nutritional needs with omega-3s (known as essential fatty acids), essential oils, and vitamins D and E. Fatty acids help support your joints, skin, and cardiovascular and brain health. The best sources of omega-3s are fatty fish and marine algae, which are not common in most diets and can be expensive. The molecularly filtered fish oil in xEO Mega supplies 300 mg of EPA and 300 mg of DHA per daily serving, and 55 mg of other omega-3s. It is also formulated with a blend of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, & German Chamomile oils, that add antioxidant protection to the mix



# Water + Hydration

## ***Are you drinking enough ?***

Most people do not drink enough. Our bodies are over 60% water and we need water for digestion, our heart and circulation, temperature control, our brains and so much more. The average adult is suggested to be drinking about 6-8 oz glasses a day, which is about 1.2- 2 litres of water a day. If you are in a hot climate or exercising and a lot you may need to drink more than this.

## ***What happens if I'm not drinking enough ?***

The simple answer is we become dehydrated. This can affect many parts of our body. You might experience impaired mood, poor concentration and headaches. Signs that you are dehydrated include dark yellow urine, feeling dizzy or lethargic and dry mouth. Over time dehydration can lead to constipation, skin issues, kidney stones and even some types of Cancer.

## ***Benefits of being Hydrated -***

Basically everything is a lot happier in our bodies and we are more easily able to flush out toxins. Being hydrated can also help with staying at a stable weight as drinking more water may increase your metabolism and reduce your appetite. Drinking a glass of water 30 minutes before you eat can help you consume less calories at your next meal.

# Drink + Detox

## Lemon

Some people will add slices of lemon to their water to make it taste good and also to detox. What you might not know though is that it can lead to dental erosion. A study from the University of Vale do Itajai in Brazil has revealed that lemon juice causes discoloration of the enamel and loss of dental tissue. The erosive effect is enhanced when lemon juice is consumed with hot water. It can also cause heartburn and dehydration too.

## The benefits of lemon essential oil

Adding Lemon essential oil to your water will give you not only a refreshing taste but can be used as an alternative to sodas and sugary drinks. When taken internally, it can also naturally cleanse the body and aid in digestion. The best news is that it won't cause your teeth to erode and you need very little oil to get a wonderful flavour.

## A summer time cooling drink alternative

Peppermint oil also turns plain water into a cooling and refreshing treat. When the summer heat seems to overwhelm you, add one drop of Peppermint on it's own to water or with lemon. Peppermint oil makes a healthy addition to any drink because it helps promote healthy respiratory function and clear breathing. (See in the Move Your Body section how else we love to use peppermint) In fact for a healthy alternative to sodas you can use Wild Orange, Lime, Grapefruit or Spearmint too !

## Note -

If you are adding essential oils to your water bottle, only add 1-2 drops and make sure your water bottle is not plastic. Glass or stainless steel containers are the best.





# Sleepy Time

## ***Why is sleep important ?***

Sleep plays an important role in your physical health. Sleep is involved in healing and repair of your heart and blood vessels. Healing damaged cells, boosting your immune system, recovering from the day's activities as well as recharging your heart and cardiovascular system for the next day.

## ***What happens when we don't sleep enough ?***

When you don't get enough sleep you could have to deal with feeling drowsy, irritable or sometimes depressed, struggling to take in new information at work, remembering things or making decisions and craving more unhealthy foods, which could cause weight gain. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

## ***What are the benefits of having enough sleep***

Get sick less often.

Stay at a healthy weight.

Lower your risk for serious health problems, like diabetes and heart disease.

Reduce stress and improve your mood.

Think more clearly and do better in school and at work.

Get along better with people



# Good night, sleep tight

## How to get a better night's sleep ?

### **1. Increase Bright Light Exposure During The Day**

Your body has a natural time-keeping clock known as your circadian rhythm. It affects your brain, body and hormones, helping you stay awake and telling your body when it's time to sleep. Natural sunlight or bright light during the day helps keep your circadian rhythm healthy. This improves daytime energy, as well as nighttime sleep quality and duration

In people with insomnia, daytime bright light exposure improved sleep quality and duration. It also reduced the time it took to fall asleep by 83%

### **2. Reduce Blue Light Exposure in the Evening**

Exposure to light during the day is beneficial, but nighttime light exposure has the opposite effect. Again, this is due to its impact on your circadian rhythm, tricking your brain into thinking it is still daytime. This reduces hormones like melatonin, which help you relax and get deep sleep.

Blue light — which electronic devices like smartphones and computers emit in large amounts — is the worst in this regard.

### **3. Don't Consume Caffeine Late in the Day**

### **4. Reduce Irregular or Long Daytime Naps**

### **5. Try to Sleep and Wake at Consistent Times**

### **6. Don't Drink Alcohol**

### **7. Optimize Your Bedroom Environment**

Many people believe that the bedroom environment and its setup are key factors in getting a good night's sleep.

These factors include temperature, noise, external lights and furniture arrangement. Numerous studies point out that external noise, often from traffic, can cause poor sleep and long-term health issues. Also make sure you have a comfortable bed, mattress and bedding.

### **8. Don't Eat Late in the Evening**

### **9. Relax and Clear Your Mind in the Evening**

Strategies include listening to relaxing music, reading a book, taking a therapeutic bath, meditating, deep breathing and visualization.



shhhhhh .....

**What are some of the factors that contribute to poor sleep ?**

Diet, caffeine, lack of exercise, stress, medication, pain and your sleep environment. The good news is that we have a lot of natural solutions to help and support you.

**Calming Essential Oils for Sleep**

Many essential oils for sleep have calming benefits. Essential oils like Lavender and Bergamot are rich in linalool and linalyl acetate; both compounds have well-known relaxing properties. These oils can be diffused aromatically in the bedroom to create a peaceful environment before bed. They can also be taken internally to calm the nervous system, promote relaxation, and lead to a restful sleep.\* You can add two to four drops of Lavender or Bergamot essential oil to herbal teas like chamomile or Lemongrass about 30 minutes before going to bed. Alternately, when you're not in the mood for a warm drink, simply add two to four drops of Lavender into an empty capsule and swallow.

Many oils can be diffused to help create the soothing environment you need to fall asleep.

- doTERRA Balance®
- doTERRA Breathe®
- Cilantro
- Clary Sage
- Melissa
- Sandalwood
- doTERRA Serenity®
- Thyme
- Roman Chamomile



**doTERRA Serenity™ Restful Complex Softgels**

To relieve occasional sleeplessness, take doTERRA Serenity Softgels.\* The softgel contains a combination of Lavender essential oil, L-theanine (an amino acid found in green tea), and plant extracts including lemon balm, passionflower, and german chamomile. Multiple studies show the benefits of all the ingredients on improving your sleep.\*

L-theanine specifically has been shown to improve sleep efficiency which refers to the amount of time you are actually asleep. It also improves sleep latency, or the amount of time it takes you to fall asleep once the lights are off. Both are important to healthy sleep as those who are able to fall asleep faster are usually more likely to have efficient sleep

*\*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.*



# Move your body

## ***Why is exercise important ?***

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

## ***What kind of movement should I be doing and how often ?***

### 4 Types of Exercise

Endurance, or aerobic, activities increase your breathing and heart rate. ...

Strength exercises make your muscles stronger. ...

Balance exercises help prevent falls, a common problem in older adults. ...

Flexibility exercises stretch your muscles and can help your body stay limber.

As a general goal, aim for at least 30 minutes of moderate physical activity every day. If you want to lose weight, maintain weight loss or meet specific fitness goals, you may need to exercise more.

## ***Benefits of regular exercise***

Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower your blood pressure and triglyceride levels

# Exercise Buddies



## *Don't go it alone*

The quickest way to quit a new habit is going it alone. So tell everyone what you are upto so that they can support you. One thing that makes exercise more fun and has us held accountable is finding friends to do it with you. Whether it is a gym buddy, a friend to walk and chat with

or getting yourself a personal trainer. We as humans are funny. We will let ourselves down a lot more easily than letting someone else down. Also choose activities that are fun. Moving our bodies daily doesn't have to be a chore. It's a chance to try out new things and meet new people.

## *How can I naturally support my body ?*

These are my exercise buddies below and have been so supportive in my own health. These have become my essentials.

**Deep Blue Cream + Oil** - provides a comforting sensation of cooling and warmth to problem areas. Can be used before exercise or afterwards. Great for massages too.

**Breathe or Peppermint Essential Oil** - these two are great for opening up your airways and helping you to breathe deeper. I like to rub some in the palm of my hand and take 4 - 5 deep breathes before I start exercising.

**Terrashield Essential Oil** - great for applying to the skin to keep the bugs away while exercising outside.

**AromaTouch Essential Oil** - great for sore muscles. I like to either use this in a therapeutic bath or massaged onto my skin.

**Lavender Essential Oil** - perfect for a relaxing bath after your activity.





# What do you do for you ?

## ***What is self care ?***

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. Self-care is about giving ourselves relief when we feel overwhelmed. It is about addressing our problems holistically. Self-care activities are usually carried out, or at least initiated by, the person themselves. To care for yourself, you need to know your needs and seek them out. It is not selfish to take care of you. If you don't, then who will ?

## ***Why is it important ?***

Self-care is important to maintain a healthy relationship with yourself, sometimes called self-love. It produces positive feelings, which improves confidence and self-esteem too. Self-care is important for your family and friends too.

## ***What does this include ?***

There are five different types of self-care: physical, emotional, psychological, spiritual and professional care.

Examples include - asking for help, taking time for you, getting enough rest and relaxation, eating well, getting enough sleep, saying 'no' to things that don't serve you, avoiding toxic people, naps, exercise, walks, hobbies, things away from electronics, scheduling 'me' time, reading a book, taking a day off when you need it, decluttering, meditation, yoga, music, retreats and basically whatever brings your heart and soul joy. It's about creating your happy.

# Emotional tools

## The power of aroma

Aromas can be very powerful when it comes to our emotions. Inhaling essential oils stimulates the olfactory system, the part of the brain connected to smell, including the nose and the brain. As the molecules reach the brain, they affect limbic system, which is linked to the emotions, the heart rate, blood pressure, breathing, memory, stress, and hormone balance.

## Diffusing

Smelling oils from the bottle can be a great way to get a mood boost but diffusing can change your whole space and how you and your family feel. Our favourite diffusers are the ultrasonic ones because they keep the therapeutic value of the oils but as they use water they are very cost effective because you need very few drops of oil to make them effective.

## Topical Application - how, what + where

Applying oils topically can also be very effective for how we are feeling. Many of the essential oils contribute to relaxation, helping our nervous system and uplifting our mood.

The oils should be diluted and our favourite carrier oil is fractionated coconut oil. Once diluted the oils can be applied to many parts of the body. Some of our favourites for mood and emotions are the back of the neck, the heart, behind the ears, the wrist crease or elbow crease and the bottoms of the feet.



# DR. HILL'S Daily Oil Recommendation

FOR HEALTHY EMPOWERED LIVING

## MORNING



Apply 1-2 drops of doTERRA Balance® to the bottom of your feet when you awake.



Apply 1 drop of Frankincense under your tongue.



Take doTERRA Lifelong Vitality Pack®, 1 PB Assist®+ and TerraZyme® with your morning meal.

## AFTERNOON



Use a citrus oil in your water throughout the day.



Take TerraZyme® with your afternoon meal.



Apply Deep Blue® Rub after strenuous activity in the afternoon (or when needed).

## EVENING



Take doTERRA Lifelong Vitality Pack® and TerraZyme® with your evening meal.



Diffuse doTERRA On Guard®, add a drop under your tongue, or take a doTERRA On Guard®+ Softgel.

## BEDTIME



Diffuse your favorite oil for relaxation.



Apply doTERRA Serenity®, Cedarwood, or Lavender to the bottom of your feet before sleep.

\*Health Recommendations may be adjusted to meet your personal needs. Some products listed above are not included in the Daily Health Habits kit, but are given as additional suggestions to supplement your daily health.

doTERRA

# Cleanse and Renew

## Toxin Overload

A “toxin” is any substance that causes harm to the body and “toxic load” is the accumulation of those toxins that burden the bodies systems and organs. Toxins can be inhaled in the air we breathe, ingested through food we eat, or absorbed when something is applied to the skin. Toxins come from countless sources, many of which we are not even aware of. Environmental threats, chemicals, and radiation are three of the most common categories. Excessive exposure to toxins can leave the body tired, bloated, and weak.



Spring is a perfect time to not only refresh your home, but to also cleanse and reboot your body and mind.

## 30-DAY RENEWING AND CLEANSE PLAN

### Phase 1: Activate (10 days)

DigestZen TerraZyme® – Take one with each meal, for a total of three.

Zendocrine® Complex and Zendocrine Detoxification Blend - Take one capsule with breakfast and one capsule with dinner, for a total of two.

Lemon essential oil – Take one to two drops in 8 oz. of water five times per day, totaling ten drops.

### Phase 2: Reset (10 days)

Continue to take DigestZen TerraZyme®, Zendocrine Complex, and Lemon essential oil as directed

Take one GX Assist softgel with dinner

### Phase 3: Renew (10 days)

Continue to take DigestZen TerraZyme®, Zendocrine Complex, and Lemon essential oil as described in the previous two phases.

Take one DDR Prime® softgel with breakfast and dinner for a total of two softgels per day

Take three PB Assist®+ capsules with dinner

Note: This cleanse is recommended 1–2 times a year.

Drink plenty of water (recommended ½ of your body weight in oz.)

Exercise at least 3 times a week

Refrain from processed foods

Incorporate fresh fruits and vegetables

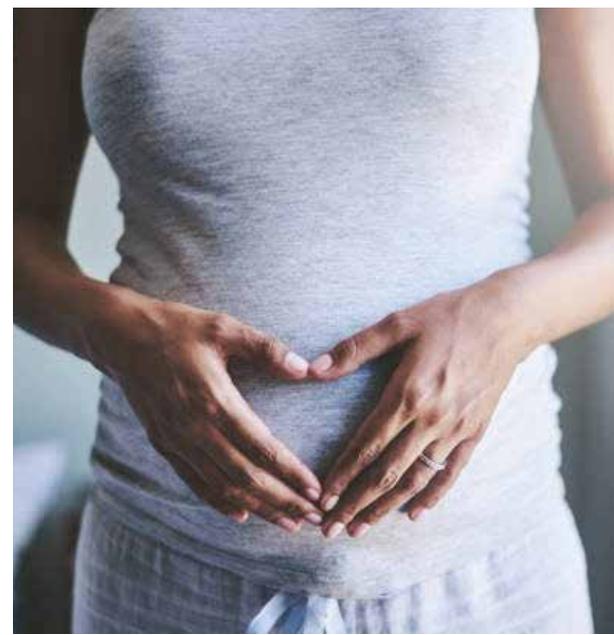
Avoid eating late

Choose natural cleaning and personal care products

Diffuse essential oils

Support your body's natural defensive functions by taking LLV Daily

Page 16



# A Day in the Life of You

## Sleep

How many hours of sleep did you get and do you feel tired or energetic ?

.....

## Movement

How long did you move today and what did you do ?

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## Hydration

How many glasses of water did you drink today ?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

## Nutrition

Write down what you ate today.

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## Self Care

Write down what you did for you today and how much time you spent on it.

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