

MASTER YOUR MICROBES



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Diamond dōTERRA Essential Oils

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– Gut Health, epigenetics, food as medicine

Emotions Mentor Instructor



JOANNA RUSLING

Lemon Myrtle

SOURCED FROM:
Australia



WHAT IT TAKES TO MAKE A BOTTLE:



It takes approximately 1.6 kilograms of Lemon Myrtle leaves to produce 5 mL of Lemon Myrtle essential oil.

FUN FACTS:

Lemon Myrtle's botanical name, *Backhousia citriodora*, was given in 1853 after the English botanist, James Backhouse.

Indigenous Australians have long been using Lemon Myrtle in cuisine and for healing.

CHEMISTRY:

The main chemical constituents of Lemon Myrtle are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.



Celery Seed

SOURCED FROM:
India



WHAT IT TAKES TO MAKE A BOTTLE:



It takes approximately 30 kilograms of Celery Seed to produce 15 mL of Celery Seed essential oil.

FUN FACTS:

The first mention of celery in English was in 1664 and spelled "sellery."

A bouquet of celery was given to winners of athletic games in Ancient Greece.

CHEMISTRY:

The main chemical constituents of Celery Seed are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.





Celery Seed

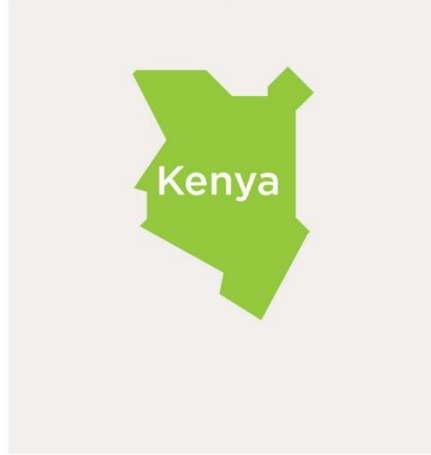


- Improves digestion when taken internally
- Supports the nervous system while calming the body and mind
- For esophageal support take 2 drops internally
- For stomach lining support combine with a spice or citrus oil and take in a capsule.
- For urinary tract and kidney support combine with Juniper Berry and take in a capsule.
- Research suggests that it may soothe muscles and help joint discomfort when taken internally.



Lemon Eucalyptus

SOURCED FROM:
Kenya



WHAT IT TAKES TO MAKE A BOTTLE:



It takes approximately 1.4 kilograms of Lemon Eucalyptus plant matter to produce 15 mL of Lemon Eucalyptus essential oil.

FUN FACTS:

The flowers of Lemon Eucalyptus are an excellent source of nectar for honeybees and butterflies and are often grown as a bee crop.

The Lemon Eucalyptus tree is also known as the "Lemon-scented gum tree."

CHEMISTRY:

The main chemical constituents of Lemon Eucalyptus are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.





Lemon Eucalyptus



- Studies show that Lemon Eucalyptus is 97% effective to repel mosquito's for up to four hours
- CDC confirms that Lemon Eucalyptus oil is more effective than DEET to repel mosquitos
- Incredible cleansing agent, both for airborne pathogens and surfaces
- Can actively disrupt and destroy the biofilm



Citronella

SOURCED FROM:
Indonesia



WHAT IT TAKES TO MAKE A BOTTLE:



It takes approximately 1.6 kilograms of Citronella plant matter to produce 15 mL of Citronella essential oil.

FUN FACT:

Citronella oil is a registered insect repellent in the United States.

CHEMISTRY:

The main chemical constituents of Citronella are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.





Citronella



- Powerful insect repellent
- Emotionally uplifting and stress reducing
- Good for cleaning surfaces in and outside the home
- Soothing to the skin and scalp

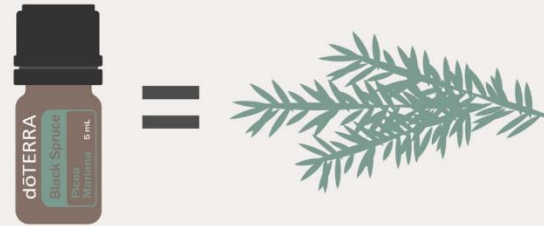


Black Spruce

SOURCED FROM:
Canada



WHAT IT TAKES TO MAKE A BOTTLE:



It takes approximately 6 - 7 kilograms of Black Spruce plant matter to produce 15 mL of Black Spruce essential oil.

FUN FACTS:

Black Spruce is a food source for woodland caribou.

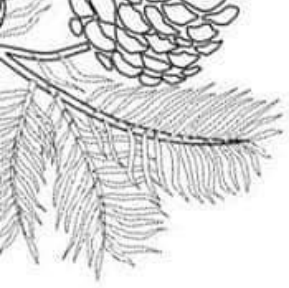
Black Spruce cones start purple and turn brown over time.

CHEMISTRY:

The main chemical constituents of Black Spruce are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.





Black Spruce



5ml

- Promotes feeling grounded and confident
- Helps remove emotional blocks and aids overcoming fear by promoting a sense of courage
- Helps brighten and even skin tone.
 - Helps promote a healthy pregnancy by modulating the immune balance where the placenta attached to the uterus.
- Promotes feelings of clear and easy breathing



dōTERRA does not prevent,
treat, or cure disease.

Your lifestyle choices can
help prevent disease.

Your doctor treats symptoms
and fixes broken parts.

Your body cures disease.

dōTERRA Wellness Lifestyle™





Thank you for listening!

Joanna Rusling – Holistic Health Coach

