

dōTERRA®

# Reducing Toxic Load: Inside and Out



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# Less Toxins, Lighter Load

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We're exposed to countless toxins every day. Breathing, eating, cleaning—all these (and more) expose us to chemicals, both natural and synthetic. Did you know, according to the National Resources Defense Council website, products in the United States contain more than 80,000 chemicals, and most of them are understudied or unregulated? Unfortunately, a significant amount of the products we use in daily life are exposing us to potentially harmful toxins.

You might wonder, "What's the big deal? Are toxins really that bad?" Your body has an impressive filtration system for toxins, but constant exposure to harmful toxins can have long-term effects. Toxins can cause imbalances, have negative effects on wellness, and influence daily and long-term health.

Also, the more toxins you're exposed to, the greater the toll on your body. The accumulation of toxins in the body is known as your toxic load. Your body has a threshold for the toxic load it can handle, and when that threshold is passed, the impact can be hard to handle. However, anytime you remove a toxin from your life, the toxic load burden on your body becomes lighter.

While you can't always control the toxins you're exposed to—like pollution in your city—there's still a lot you can do to protect yourself and your family from exposure to toxins. With a lighter toxic load, the body is better able to function properly, leaving you and those you love feeling both happy and healthy.

## Wondering where to start?

Three easy steps can help you lighten your toxic load when it comes to the products you use on or in your body.

1. Identify toxins.
2. Ditch and switch.
3. Feel your best with the power of nature.

We'll talk about each of these steps in greater detail and teach you how to reduce your toxic load, inside and out.



# How to Remove Toxins from Your Everyday Routine

## Identify toxins.

So when you want to reduce the amount of toxins in your life, where do you start? The first step toward lightening your toxic load is to identify where toxins might be lurking in your home or everyday routine, particularly when it comes to products you use on or in your body.



Open your bathroom cabinet or drawer and examine the products you use regularly. Items like makeup, lotions, shampoos and conditioners, soaps, and other skin and hair care products are notorious for mysterious (not to mention unpronounceable) ingredients. Even products you use to help you sleep, clean your teeth, calm stomach upset, or deal with issues like discomfort can contain toxins that you may want to think twice about putting on or in your body.

As you look at and consider your everyday items, be sure to read the labels and check the ingredients. Chances are you'll find dozens of toxins have been lurking in products you use consistently. Once you've determined where some of your toxic exposure may be coming from, it's easier to plan for how you'll lighten your toxic load.



## Ditch and switch.

After identifying some common places where toxins lurk in your everyday routine, it's time to make a change. The problem is, well, you still need to wash your face, brush your teeth, soothe stomach upset, and put on makeup. So what's the solution? It's switching to natural alternatives to the products you use daily.

When you ditch your old toxin-ridden products and switch them for natural alternatives, you lighten the toxic burden on your body, supporting it as it functions optimally. This is actually easier than you might think.

When one of your kids comes running inside and has irritated skin that needs attention, what do you use to help? When you've been in front of your computer for hours, and the discomfort in your head and neck is getting worse, what do you reach for? When you've spent too much time having fun in the sun, what do you use to soothe your skin? What about when you're having a hard time winding down for sleep? After a particularly long day on your feet or after strenuous workout, when your joints and muscles are shouting at you, what do you turn to for relief?



These are just a few areas of life where there's room for natural alternatives. By replacing everyday items with products that come straight from nature, you can still care for yourself and your family effectively while enjoying greater peace of mind. You can't control every toxin you encounter, but you can control what you bring into your home. You have choices, and once you know about and implement them, you and your family can start enjoying the benefits of a lighter toxic load.



# How to Remove Toxins from Your Everyday Routine

## Feel your best with the power of nature.

After determining what kinds of toxins your everyday products are exposing you to, ditching toxin-ridden ones, and switching to natural alternatives, you can feel your best. As we discussed, a body that's overridden with toxins is weighed down, and a heavy toxic load can have long-term effects. On the opposite end, a light toxic load gives the body the support it needs.



## The Cura Collection

Cura is Latin for "care," and that's what dōTERRA® had in mind when creating the Cura Collection. This collection is designed to help you care for yourself and your loved ones naturally. From tummy troubles\* and sleepless nights\* to skin irritations, bodily discomfort, and more, the Cura Collection has a natural solution for every occasion, making it simple for you to reduce your toxic load.

Let's briefly discuss the products in the Cura Collection and how you can use them for a happier, healthier home.

## Deep Blue®



Deep Blue Soothing Blend contains Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus Flower, which work together to soothe and cool.

- Apply to your feet and knees before and after exercise.
- Combine with a few drops of carrier oil and massage on a growing child's legs before bedtime.
- Rub on the lower back muscles after a day of heavy lifting at work or during a move.

## Deep Blue Polyphenol Complex®



Designed to be used in tandem with Deep Blue Soothing Blend, this complex includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols that soothe occasional aches and discomfort.\*

- Take with food to soothe occasional aches and discomfort.\*
  - Use alongside Deep Blue Rub or Deep Blue oil blend.
- Ingest as needed to support aching muscles.\*

## Correct-X®



Correct-X is a multipurpose natural ointment that helps soothe the skin. This petroleum- and preservative-free ointment absorbs quickly and is gentle and nonirritating, making it ideal for sensitive skin.

- Apply during the evening to soothe and purify your skin.
- Rub on the skin to help improve texture.
- Use as part of your routine to help promote healthy-looking skin.

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

## PastTense®



With Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary as ingredients, this fresh, minty oil blend has an incredibly soothing aroma.

- Massage into your shoulders, neck, and back for a cooling and soothing sensation.
- Place on your temples and the back of the neck before taking a test or presenting in public.
- Apply to the wrists while traveling for a relaxing aroma.



## Frankincense



Renowned as one of the most prized and precious essential oils, Frankincense provides extraordinary benefits to the body, inside and out.\*

- Apply topically to help reduce the appearance of skin imperfections.
- Massage into the bottoms of your feet before bed.
- Take one to two drops in a Veggie Cap to support healthy cellular function.\*





## DigestZen® Softgels



DigestZen offers a unique combination of Ginger, Peppermint, Caraway, Anise, Coriander, Tarragon, and Fennel to aid digestion and ease mild or occasional stomach discomfort in a soothing, natural way—all in a vegetarian softgel that dissolves easily.\*

- Take a softgel before a large meal to aid with food digestion.\*
- Consume to soothe occasional stomach upset.\*
- Take internally to help reduce bloating, gas, and occasional indigestion.\*

## DigestZen TerraZyme®



DigestZen TerraZyme includes a variety of whole-food enzymes that support healthy digestion and metabolism of enzyme-deficient, processed foods.\*

- Take before a meal to support healthy digestion.\*
- Pack in your suitcase for digestive support while traveling.\*
- Consume for gastrointestinal comfort and food tolerance.\*

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## Tamer®



Made for children of all ages, the unique combination of essential oils in Tamer Digestive Blend soothes and cools, while also providing a pleasant aroma.

- Keep on hand in your purse, briefcase, or child's backpack.
- Take on a road trip for a calming, appealing aroma.
- Apply to the stomach or bottoms of the feet after eating a large meal.

## dōTERRA® Breathe Vapor Stick



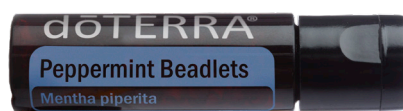
The power of dōTERRA Breathe Respiratory Blend can be felt immediately with the dōTERRA Breathe Vapor Stick, providing a cooling effect both topically and aromatically. Use this when you want to create a soothing vapor. Keep on hand to apply, no matter where you might be.

- Apply topically to the chest area for a cooling, soothing effect.
- Use on your neck and chest area to soothe the airways.





## Peppermint Beadlets



More than a breath mint, Peppermint Beadlets can be used for oral care, respiratory health, digestive comfort, and any other situation in which Peppermint essential oil is used internally.\*

- Dissolve one beadlet in your mouth to freshen the breath.
- Take after meals to promote oral health and digestion.\*
- Have a container on hand while traveling to ease occasional stomach upset.\*

## Lavender



Lavender is often considered a must-have essential oil because of its versatile uses. Its calming and relaxing aroma promotes a peaceful environment that's conducive to sleep, and it can soothe and relax when used internally.\*

- Keep a bottle on hand to soothe occasional skin irritations.
- Take internally to promote peaceful sleep.\*
- Add a few drops to pillows, bedding, or the bottoms of your feet at bedtime.

## dōTERRA Serenity® Restful Complex Softgels



dōTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel. It help you get the refreshing sleep you need without leaving you feeling groggy and sleepy the next day.\*

- Take one to two softgels to relieve occasional sleeplessness.\*
- Consume a softgel to promote healthy relaxation and sleep.\*
- Ingest to calm the nervous system and help reduce stress.\*

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## dōTERRA On Guard® Protecting Throat Drops



dōTERRA On Guard Protecting Throat Drops are a convenient way of receiving the immune-supporting benefits of dōTERRA On Guard Protective Blend in a natural throat drop.\*

- Dissolve a drop in your mouth to help calm and soothe a dry, scratchy throat.\*
- Use to help strengthen the body's defenses.\*
- Keep in your purse, bag, or backpack to have wherever needed.



# The Power Is Yours

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When it comes to your toxic load, it can feel overwhelming to try and achieve a “toxic-free” life. The truth is you’ll never be completely rid of toxins. They’re just part of life. However, you do have control over some of your exposure to toxins, especially when it comes to what you bring into your home. Now that you know how many toxins you’re around, where they come from, and how to fight them, you’re already better equipped to better care of yourself and your family.

You don’t have to feel powerless or hopeless when it comes to your health. You don’t have to live in fear of toxins. With the power of nature, you can take control of your life and health to enjoy a lighter toxic load and a happy body.

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