

# How to incorporate dōTERRA Essential Oils into your 7 Day JumpStart Cleanse

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dōTERRA has Certified Pure Therapeutic Grade Essential Oils that can be ingested and beneficial to your body! They are GREAT for everyday life but also great to incorporate into this cleanse. Learn more about the many uses of dōTERRA [HERE](#)

**Lemon Water:** Instead of using the juice of ½ a lemon in your water, you can use a couple drops of dōTERRA Lemon Essential Oil. You can also drink this lemon water through out the day.

**Toxin Elimination Bath:** Feel confident that you are using an essential oil that is pure and free of toxins when you use dōTERRA Lavender Essential oil in your toxin elimination bath!

**Exercise:** Get motivated in the morning by starting your day with 1 drop of Wild Orange and 1 drop of Peppermint dōTERRA Essential oils. Put the drops in your hands, rub together and take a big inhale! Instant uplifting energy! Rub dōTERRA Deep Blue on your muscles before or after exercising. Or, use after a long day to relax!

**Relax:** For an anti anxiety trick, add 1 drop of lavender to 4 oz of water and drink. Put lavender in a diffuser (buy the Home Essential Kit - membership fee included in the price and includes a diffuser plus the top ten oils) and diffuse around the house to help you relax. Take dōTERRA Serenity capsules 1 hour before bed to help you sleep good. You can also rub Lavender Touch into the bottoms of your feet, wrist and on your chest to also help you sleep. You can also make your own roller using the Lavender oil.

**Supplements:** dōTERRA has a Lifelong Vitality Pack that includes

## 1. ALPHA CRS+ - Cellular Vitality Complex

- contains powerful polyphenols that protect cells from free radicals that can damage cellular DNA, mitochondria, and other critical cell structures.
- Reduces oxidative stress
- Increases your energy at the cellular level

## **INCLUDES:**

- Acetyl-L-Carnitine: Helps shuttle fatty acids into mitochondria for energy production
- Alpha Lipoic Acid: Supports the production of ATP and acts as a powerful antioxidant in mitochondria
- Coenzyme Q10: Important coenzyme for energy production; supports heart health
- Quercetin: Provides powerful polyphenol antioxidant protection in mitochondria and other cell structures
- Resveratrol: Polyphenol found in red wine; supports healthy mitochondrial biogenesis
- Vitamins and Minerals: Essential cofactors of energy production in cells
- Essential Fatty Acids: Required for cell growth; supports healthy cellular function

## 2. **xEO MEGA - Essential Oil Omega Complex**

- Providing ultra-pure essential fatty acids and other fat soluble nutrients that help support heart and circulatory health, brain health, and optimal immune function among many other systemic benefits.\*
- xEO Mega provides a proprietary blend of marine and land-sourced essential fatty acids. Omega-3 fatty acids help support healthy joints, the cardiovascular system, brain health, and immune function\*.
- xEO Mega includes the powerful antioxidant carotenoid astaxanthin, which helps protect against lipid oxidation in the brain and throughout the circulatory system. xEO Mega is encapsulated in vegetarian softgels\*.
- xEO Mega includes a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils that also function as antioxidants, support a healthy oxidative stress response in cells, and provide other powerful health benefits\*. These oils also function as a natural preservative system, protecting the essential fatty acids in xEO Mega from oxidation and rancidity.

## **INCLUDES:**

- xEO Mega Marine and Plant Omega Blend (1100 mg):  
Pure, micro-filtered fish oil providing 300 mg EPA, 300 mg DHA
- xEO/vEO Mega Essential Oil Blend:  
Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile

### 3. **MICROPLEX VMz - Micronutrient Complex**

- a balanced formula of essential vitamins and bioavailable minerals carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.\*

#### **INCLUDES:**

- Balanced blend of vitamins: Includes antioxidant vitamins A, C, and E; an energy complex of B vitamins; and natural vitamin D3.
- Whole-Food and Enzyme Blends: Contains a blend of whole food ingredients to boost everyday nutrient intake: kale, dandelion, broccoli, cabbage, spinach, etc.
- Eight different enzymes were added to aid in digestion and help with the absorption of nutrients: Protease, Lactase, Lipase, Amylase, alpha-Galactosidase, Diastase, Glucoamylase, Peptidase.\*

#### **LIFELONG VITALITY BENEFITS\***

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Does not contain genetically modified material, dairy-free

*\*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.*