

# Recover from Adrenal Fatigue *with doTERRA!*

*Recovery is all about retraining your body and mind.*

*There is no magic pill.*

*Recovery is a process and lifestyle change.*

*Done properly this is for a season and not forever.*

*Full recovery IS possible.*

## Roadmap To Recovery

### De-stress: Simplify your life!

- ⊗ Grounding Blend and Joyful Blend (back of neck, bottoms of feet)
- ⊗ Blend for Women (Rose & Patchouli are proven to decrease cortisol levels)
- ⊗ Diffuse Bergamot and Balance or Peppermint
- ⊗ Prayer, meditation, authority over your thought life, boundaries, better planning

### Healing from past trauma – emotional and physical

- ⊗ Frankincense, Myrrh, Bergamot, Sandalwood (diffuse or apply)
- ⊗ Aromatouch or massage, inner healing, therapy, prayer, chiropractic care

### Nutrition

- ⊗ Organic food, juicing (add oils for flavor variety), gluten/dairy free helps some
- ⊗ Eliminate all forms of fluoride (often in tap water) - add pink salt to water in AM
- ⊗ LLV is a MUST (start with 1 capsule of each daily, then work up)
- ⊗ Energy & Stamina Complex (Ashwaganda balances cortisol & energy levels)

### Detox

- ⊗ Lemon/citrus oils in your water - and drink LOTS of pure water
- ⊗ Do a cleanse (use doTERRA's cleanse protocol) - begin very gently

### Eliminate endocrine disruptors and replace with healthier alternatives

- ⊗ Toothpaste, deodorant, hair & body products, cleaners from doTERRA or DIY
- ⊗ Avoid meats/dairy unless organic, & ALL artificial sweeteners (including stevia)
- ⊗ Do away with plastics and synthetics (tupperware, styrofoam, etc.)

### Sleep & Rest

- ⊗ Cedarwood on bottom of feet at night (Dr. Hill recommends)
- ⊗ Ylang-ylang, Vetiver, Lavender, Calming Blend, Roman Chamomile also help sleep

### Exercise (slow and steady wins the race - walk/stretch/easy not "work out")

- ⊗ Soothing Blend, Peppermint, Breathe are great for body systems and muscles
- ⊗ Get out and play – fresh air and sunshine (which also helps Vitamin D levels)

### Regulating oils

- ⊗ Frankincense (2-3 drops under tongue immediately upon rising & at bed)
- ⊗ White Fir (inhaled, stabilizes energy levels)
- ⊗ Roman Chamomile (inhaled/topical, helps you to relax when "wired")
- ⊗ Basil (AM) and Clove (PM) over adrenals
- ⊗ Lavender and Rosemary may also help regulate cortisol levels

### Address Related Conditions

- ⊗ Thyroid (Lemongrass, Grounding Blend, Clove, Frankincense & Myrrh - topical)
- ⊗ Reproductive hormones (Women's Monthly Blend, Phytoestrogen, Bone Nutrient)
- ⊗ Achy feelings (Frankincense + Marjoram topically or in capsule)
- ⊗ Weight gain and metabolic imbalances (Metabolic Blend, Cinnamon)
- ⊗ Related issues: use Modern Essentials & Oils and Emotions Books
- ⊗ Seek care from a chiropractor, also consider an integrative or holistic doctor

### There's a possible connection to calcification of the Pineal gland

- ⊗ Oregano oil x 10 days (capsules several times daily), and eat tamarind (a fruit)

## Oils & Products To Use

### Grounding Blend

Joyful Blend

Blend for Women

Peppermint

Bergamot

Wild Orange

Lime

Grapefruit

Lemon

Frankincense

Myrrh

Massage Blend

Cassia

Cinnamon

Cedarwood

Ylang-Ylang

Vetiver

Calming Blend

Soothing Blend

White Fir

Roman Chamomile

Basil

Clove

Lavender

Rosemary

Oregano

LLV

Energy & Stamina Complex

Cleanse Protocol

Toothpaste

Hair & Body Products

On Guard Toothpaste

On Guard cleaners

Oils for related issues

## QUICK START

Clove & Basil (adrenals - AM/PM)

Joyful Blend (neck - often)

Patchouli/Rose (neck - often)

Invigorating oils to stimulate  
Relaxing/peaceful oils when wired

Mito2Max on regular basis

LLV IS AN ABSOLUTE MUST

Address lifestyle issues

Remember: everyone's bodies are different.  
Muscle testing or scanning may help you  
determine which oils to start off with.