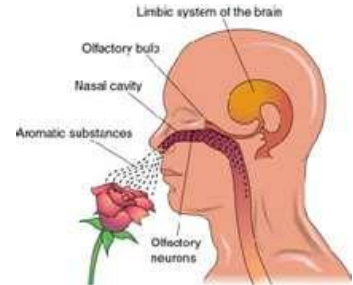




POWER OF AROMA

Our sense of smell is the most primitive of our senses. Just think for a moment about how you ‘feel’ when you walk into a bakery and smell freshly baked bread, or smell your significant other’s cologne/perfume, the smells surrounding holidays like Christmas, or even how you feel when you walk into a Doctors office. **AROMA** has the ability to reach the deepest parts of our brain that govern instinct, memory, our moods and emotions.

Through these powerful pathways of the limbic system of the brain, [Certified Pure Therapeutic Grade Essential Oils \(CPTG\)](#) can have a dynamic effect on our bodies. They can transform mood and move us from one state of mind to another, as well as impact our physical health in the process. There are also physical therapeutic properties of using Certified Pure Therapeutic Essential Oils as aromatherapy for respiratory and immune support for the body.



USES OF AROMATHERAPY

Using aromatherapy for mood and emotional support has been around for hundreds of years. Recently [Vanderbilt University Medical Center](#) in Tennessee has been studying the affects of doTERRA’s CPTG Essential oils in their Adult Emergency Room Department. The results have been amazing! You can imagine the stress that is involved with working in an Emergency Room, and they wanted to find a way to reduce stress levels through the use of aromatherapy for their employees. They found significant decreases in the employees stress levels after diffusing oils such as Citrus Bliss, Wild Orange, and Lemon for just 30 days, and they have continued the aromatherapy as well as implementing other wellness for their staff for nearly a year now because of how successful the program has been. The hospital was recently featured on Fox News: <http://www.viddler.com/explore/doterra007/videos/96/>

I have a very personal reason as to why I started using the oils. My son has suffered from exercise induced asthma attacks, as well as allergy induced asthma attacks. We were using a rescue inhaler, steroid inhalers, and allergy medicines daily. The problem was, we didn’t feel that any of them were working. He certainly wasn’t getting any better, and if anything, was only getting worse. He couldn’t run at school, or even play outside without having an attack. Nothing is worse that sitting by your 8 year olds bedside – trying to breath for him! My sister-in-law gave me a blend called Breathe from [doTERRA](#), which is a specific blend made for respiratory issues. That week my son rode his bike home from school and came in desperately gasping for air. I placed 2-3 drops of Breathe over his chest area, and within 1 minute he was breathing normal again! I was shocked, and determined to find how, and why it worked. Fast forward two years now. We are now able to use [doTERRA CPTG Essential Oils](#), for his asthma as well as his allergies with no negative side affects. Interestingly, he is getting better! We have only had to use the oils as a rescue inhaler 10 times this entire year!



Whether for emotional support, mood enhancement, insomnia, nausea, mental fatigue, headaches, respiratory help, or immune support, using Certified Pure Therapeutic Grade Essential Oils are a natural, powerful alternative, without negative side affects. My intention is to empower others by teaching and training on how to use CPTG essential oils. For more information, you may visit the following sites: www.thinkdoterra.com/8170
www.mydoterracommunity.com

-Brooke Magleby