



Why Buying doTERRA Essential Oils is a Smart Investment

Imagine a small bottle of oil so potent that a single drop is as powerful as any over-the-counter product yet costs just pennies. This is the incredible promise of doTERRA essential oils. These plant extracts, derived from various parts of flora, such as fruit, flowers, leaves, rind, bark, roots, wood, and seeds, have applications far beyond aromatherapy. Essential oils are used in herbalism, culinary arts, perfumery, and even pest control. With such a vast selection to choose from, ranging from top notes like citrus orange to base notes like grounding Ylang Ylang, you can find the perfect oils to enhance your life.

Potency and Purity: The doTERRA Difference

Not all essential oils are created equal. There are different grades, from Grade A, which is the highest quality to lower quality oils, with some even made from synthetics. This is where doTERRA stands out. doTERRA ensures their oils are CPTG Certified Pure Tested Grade®—a testament to their quality and purity. Each oil undergoes rigorous testing to ensure it's free of contaminants and synthetic fillers, making them safe for even internal use if indicated on the label.

The Science Behind the Magic

Recent findings from a study conducted by Roseman University researchers have confirmed what doTERRA users have long known: these oils work on a cellular level to promote health and well-being. Dubbed “The Oil Effect,” the study found that doTERRA essential oils had quantifiable and reproducible biological activity that couldn’t be replicated by synthetic counterparts. This means that the whole oil works synergistically to deliver benefits, a phenomenon not observed with other brands.

Practical Applications of Essential Oils

Aromatherapy

One of the most popular ways to use essential oils is through a diffuser, which disperses the oils into the air, allowing you to inhale their therapeutic benefits. Aromas can impact both the emotional and cognitive aspects of the brain, leading to improvements in mood and relaxation.

Topical Application

Another common practice is applying essential oils topically. To reduce the risk of irritation, it’s essential to dilute the oils with a carrier oil (such as jojoba or coconut oil) before applying them to the skin.

Inhalation

For respiratory issues, adding a few drops of essential oil to a bowl of hot water or a steamer can provide relief. Oils like eucalyptus and peppermint are particularly effective for clearing

congestion.

Outdoor Use

Essential oils like lemongrass, peppermint, and rosemary can enhance your outdoor experience by repelling insects. Apply a few drops to your cushions or use a diffuser to keep pesky bugs at bay.

Bathing

Adding a few drops of essential oils to a warm bath can be a relaxing and therapeutic experience. Mix the oils with a carrier oil or dispersant before adding them to the bathwater.

Home Cleaning

Essential oils can be used to create powerful, non-toxic cleaners. For example, adding a few drops of tea tree and lime oil to your garbage can or mixing lemongrass or lime oil with vinegar and dish soap can keep your home clean and fresh.

Productivity at Work

Essential oils can also boost your productivity. Oils like peppermint, sweet orange, and rosemary can help you stay focused and motivated throughout the day.

Shopping Tips for Pure Essential Oils

To ensure you're getting the best quality oils, keep these tips in mind:

- **Look at the label:** It should include the Latin name of the plant, information on purity, and the country where the plant was grown.
- **Evaluate the company:** Purchase from reputable aromatherapy companies.
- **Choose dark-colored, glass containers:** Pure essential oils are highly concentrated and can dissolve plastic bottles over time.
- **Avoid "fragrance oils":** These are not suitable for aromatherapy.
- **Compare prices:** Be cautious of rock-bottom prices for expensive essential oils.

The Big Pharma Cover-Up

In my opinion, there's a frightening cover-up by big pharma censoring information about alternative medicine. doTERRA has faced threats to comply to protect the public or, more likely, to keep the public in the dark. This is causing more harm by not allowing people to share their success stories with pure doTERRA oils.

My Personal Story

I have a personal story with doTERRA oils that keeps me moving forward. People need to know and understand that they may have a natural option to try. My intention is pure, and I hope from the bottom of my heart that if you're ready, maybe even a little desperate, you'll consider that God's medicine through the hearts of good people like doTERRA may be the answer to your prayers.

Conclusion

Essential oils can lift your mood, alleviate symptoms of various conditions, and enhance your well-being. For more information on how to incorporate them into a healthy lifestyle, consult an integrative medicine expert. What do you have to lose? These oils might just help you in ways you never imagined.

