

dōTERRA® 90-Day Reset



Month 1 Prepare Phase

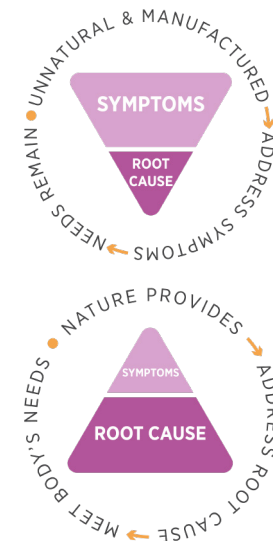
Welcome to your 90-Day Reset Prepare Phase! The following pages are provided to orient you to Month 1 program and partner products. Print and place it for quick reference where it can help guide you during your first 30 days, most especially the attached daily tracker.

Meeting Needs – The Purpose of the 90-Day Reset

Most people struggle to achieve true wellness because they either practice healthy habits without meeting their body's primary needs or focus only on managing secondary symptoms instead of addressing the root cause. Primary needs are the body's foundational requirements, such as cellular health, organ function, proper nutrition, and rest. **When these aren't met, symptoms appear as warning signs**, but chasing symptoms alone only creates more challenges over time.

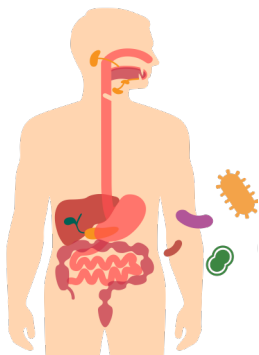
True well-being begins when you strengthen the foundation by meeting these primary needs, which naturally reduces symptoms and frees energy for living well.

Month 1 is designed to reduce the competition for your body's attention by supporting cellular and organ performance first. When these essential needs are met, the body gains the capacity to resolve other concerns and create sustainable wellness.



Why the Prepare Phase Is Critical

to Establish Long-Term Foundational Wellness



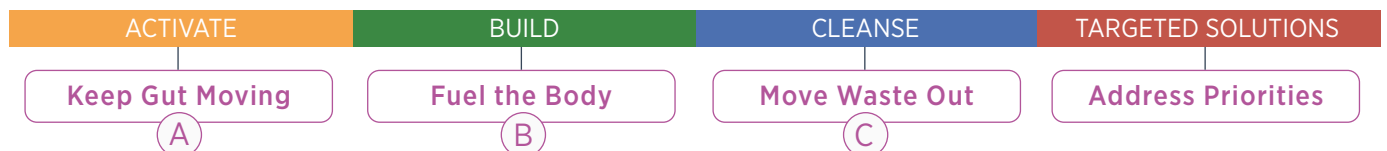
The body is inherently wired to attend to first things FIRST. It runs on a priority principle, necessarily first focusing its energy on what keeps it ticking. Knowing this, you can better understand why perhaps your body might not get to your to-do list! It may simply not have the budget to tackle and resolve broader projects.

The Prepare Phase reduces the competition for your body's attention by directly partnering with this priority principle, addressing cellular and organ performance right away in Month 1. If you don't start here, you may continually lack the capacity to address those others projects you may so anxiously want to get on top of. Make it your priority to consistently and always meet your body's needs first. This is your key to sustainable foundational wellness.

Prepare Phase Month 1 program focus:

- Increase cellular energy & performance.*
- Improve gut motility and function.*
- Improve digestive function.*
- Improve detoxification and elimination.*
- Enhance nutrient utilization.*
- Enhance cellular metabolism.*
- Enhance capacity to get energy from food & supplements.*
- Enhance overall foundational functions of the body.*

Introducing Your ABCs of Wellness Partners. The following pages are provided to further your knowledge of your Prepare Phase supplemental partners, listing specific jobs you are hiring each product to do. The final page, your Daily Tracker, is included to ensure your product consumption is on pace to meet the root needs of your ABCs of Wellness.



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ACTIVATE

A HEALTHY DIGESTIVE TRACT effectively breaks down food and absorbs critical nutrients. The healthier the gut, the better the entire body performs! From immune function to emotional well-being, each body system depends on the proper digestion of food for energy and the effective elimination of waste.

Because many already experience persistent gastrointestinal discomfort or there can be a temporary onset when starting a wellness program, targeted gut support is an integral part of this program during all three months. Sustained gut health provides a sure foundation for all other wellness goals.



PB Restore™ - ProBiome Complex

- 18 billion CFUs of probiotics—24 strains from 22 different species—along with a prebiotic, a postbiotic, and bacteriophages.
- Supports health of GI tract, particularly the upper and lower intestines, for healthy digestive function.*
- Restores intestinal flora that has been compromised by digestive stressors.*
- Promotes colonization of friendly gut flora.*

1 Take 1 capsule with dinner.

OPTIONAL: TerraZyme™ - Digestive Enzyme Complex



- Blend of whole food enzymes designed to aid in digestion of food and nutrient absorption.*
- Supports healthy production of metabolic enzymes for healthy digestion and metabolism.*
- Promotes healthy conversion of food nutrients to cellular energy.*
- Supports healthy digestion and metabolism of enzyme-deficient, processed foods.*
- Promotes gastrointestinal comfort and food tolerance.*

1 Take 1-2 capsules with meals at least twice per day and/or on an empty stomach for detox enhancement.

OPTIONAL: Fiber - Prebiotic Blend



- Sourced from all natural, whole food sources with no added sugars.
- Contains high potency vitamin C.
- Provides soluble and insoluble fiber required to glean full nutritive value from food.*
- Supports daily high fiber consumption critical for digestive, cardiovascular, immune, and metabolic health.*

1 Mix 1 scoop in 10 oz water or smoothie.

BUILD

PROPER NUTRITION is critical to every bodily function. Just like a car, the body runs far better on quality fuel.

A rich supply of daily nutrition makes all the difference in optimizing cell, organ, and body systems performance – the goal of phase one. The Activate products are crucial to ensure your Build product partners are better absorbed and their nutrients are more effectively distributed throughout the body.



dōTERRA VMG+™ - Whole-Food Nutrient Complex

- Micro-nutrient and antioxidant rich, plant-derived supplement for daily nutritional needs.*
- Offers daily support for energy levels, gut health and digestion, immune, liver, brain, hormone function, and much more.
- Comprised of 5 proprietary super-food blends with enzymes, probiotics, CPTG essentials oils, and liposomes for improved absorption and nutrient bioavailability.
- Delicious, easy-to-consume powder that features clean ingredients, is vegan, gluten-free, dairy-free, sugar-free, non-GMO, and contains nothing artificial.

1 Take 1 sachet per day in 5-8 ounces of cold water or liquid of choice. Do not add to hot drinks. Mix well.



dōTERRA EO Mega®+ - Essential Oil Omega Complex

- Promotes heart and circulatory health, healthy skin, and joint function and comfort.*
- Supports a healthy inflammatory response and function of the brain, eyes, and nervous system.*
- Supports healthy digestive and respiratory systems and provides immune-boosting nutrients.*
- Delivers 900mg pure, molecularly filtered fish oil with 800 mg of EPA and DHA + 100 mg other omega 3s + 300mg CPTG® Wild Orange essential oil per daily serving.

1 Take 1-2 softgels with AM and PM meals for a total of 3.



MetaPWR® Mito2Max® - Energy and Stamina Complex

- Proprietary formula of plant extracts to support cellular energy production and vitality.*
- Promotes optimal mitochondrial function and efficient production of ATP in cells.*
- Enhances stamina, aerobic capacity, and efficient use of oxygen without the use of harmful stimulants.*
- Supports metabolic adaptation from relaxation to intense activity.*
- Supports mental energy.*

1 Take 1-2 capsules once or twice daily.

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CLEANSE

THE NATURAL DETOXIFICATION processes of the body are critical for all cells and organs to thrive. Repeated exposure to environmental toxins and poor dietary habits can stress, burden, and weaken function and performance. Cleansing efforts as part of a daily routine promote proper elimination, keep the body's toxic load manageable, and reward lasting health.



RevitaZen™ - Advanced Organ Detoxification Complex

- Botanical extracts amplified by essential oils to empower the body's innate ability to cleanse, rebalance, and thrive.*
- Targeted functional support combined with biochemical cofactors to enhance the body's natural detoxification processes and efficiency.*
- Supports healthy liver and kidney function, promotes digestion and colon health.*

I Take 1 capsule with AM meal. Add 1 with PM meal as needed.

OPTIONAL: RevitaZen™ Detoxification Blend



- Supports healthy liver, gallbladder, kidney function and detoxification pathways and promotes bile flow.*
- Provides antioxidant-rich liver protection, helps reduce fat accumulation and oxidative stress.*
- Promotes digestive and colon health.*
- Promotes detoxification of heavy metals and helps reduce water retention.*

I Take 3-5 drops in a capsule and/or add to 8 or more ounces of water 2-3x's per day.

I INTERNAL



Add 3-4 drops twice daily to drinking water or use to spike sparkling water for a refreshing beverage alternative.

T TOPICAL



Apply as part of a daily body shaping treatment or skin brushing routine.

A AROMATIC



Diffuse to create an uplifting environment and offer a boost of revitalizing energy.

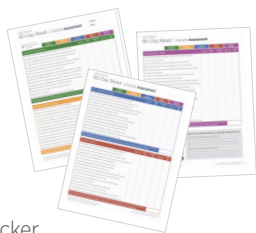
TARGETED SOLUTIONS

PERSONALIZE YOUR WELLNESS PROTOCOL In addition to staying focused on the core objective of each phase of this 90-Day program, it is encouraged to individualize your program. Consider any health priorities to which you want to give immediate attention. There is great value in feeling well on your way to sustainable wellness.

Take the *Lifestyle Assessment* prior to getting started with your program to identify specific targeted needs you want to address during Month 1. Then select a product or few to add to your program to meet those goals.

The final step to customizing your program is to use the provided Daily Tracker and, in the space provided, add those products to your daily routine.

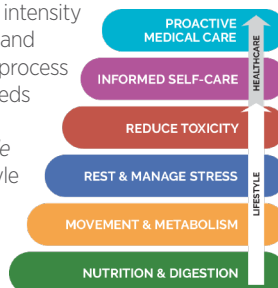
Consult your *Live* guide and talk with your Wellness Advocate to discover optimal ways to use these products.



Make periodic assessing a habit. Because needs change as you change, revisit the *Lifestyle Assessment* every 30 days, prior to starting subsequent phases, or as desired. Let your answers guide you in making valuable observations. How are you progressing and changing for the better? What is no longer a standout need? What needs persist and why? What new priorities have arisen?

Commitment pays off. Over time your dedication to establishing a foundation of sustainable wellness brings greater and greater returns on your investment! With partnering diet and lifestyle changes, you'll find you have less projects to tackle and your body has less symptoms to holler about. With root needs met and so many symptoms gone away, it's easy to isolate the few things that now need your attention.

Life happens. With ever-changing levels of intensity when it comes to stress, activity, demands, and occasional injuries or illness, use the above process anytime you, a family member, or friend needs a deeper dive to discover health priorities and to address targeted needs. The *Lifestyle Assessment* and dōTERRA Wellness Lifestyle Pyramid are observation and decision-making tools designed to help maintain a prioritized approach using a hierarchy of health.



Establish Long Term Foundational Wellness

The grand and wonderful purpose of the 90-Day Reset is to focus on meeting the root needs of your body in a precise and prioritized order – Prepare, Cleanse, and Renew – with the intention of building a sustainable foundation of wellness.

In Month 1, you are mobilizing your gut and energizing your cells and organs. In Month 2, the focus is on opening, clearing, and sustaining pathways of elimination. And, finally, in Month 3, it's all about renewing everything from cells, to tissues, organs, and systems to set the body up for long term optimal performance.

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Basics of Essential Oil Usage

Using essential oils as a first response to health and wellness needs has become more and more a mainstream health habit. dōTERRA International is the world's largest distributor and because of their unmatched sourcing practices delivers to homes across the globe the most pure, potent, safe, and effective essential oils.

Essential oils have proven time and time to be significant in the lives of those who use them. They enhance every health habit or goal as one of nature's most potent messengers of powerful, fast-acting chemistry.

Top Daily Recommendations

When getting started with essential oils, choose first to support the basic health needs of you and your household. These suggestions are the top recommendations of where to begin using oils in a daily routine.



A AROMATIC

Breathe in or diffuse to open airways, boost mood, and freshen the air.



T TOPICAL

Apply on bottoms of feet or affected areas to target specific needs.



I INTERNAL

Drop in water, under tongue, or in veggie capsule and swallow.*

Why Diffuse?

Research shows **the aromas of essential oils invite positive responses** from chemical sensors in the brain. Because of this advantage, essential oil users can choose their desired effects. For example, some essential oils such as **Lavender** and **Wild Orange** contain chemical properties that promote a calming atmosphere and soothe anxious feelings.

An additional **benefit of aromatic use is to purify the air**. Dispelling unwanted odors and replacing them with pure, pleasant aromas is made possible with the power of potent, high quality, non-toxic essential oils. Most commercial air-purifying agents contain harmful toxins and chemicals, making the aromatic use of essential oils even more vital!



Application Methods



AROMATIC: Add 3-5 drops to favorite diffuser or place 1-2 drops in palms of hands, rub together, cup around nose and mouth, inhale. Avoid direct contact with eyes.



TOPICAL: Apply 1-2 drops on bottoms of feet, back of neck, behind ears, on wrists, over heart, and/or areas of concern. Dilute with **Fractionated Coconut Oil** as desired or needed, and to promote sustained absorption.



INTERNAL: Put 1-2 drops in glass of water, smoothie or juice, veggie capsule, or under tongue.*

Essential Oil Safety



Avoid contact with eyes, ears, or other areas of sensitivity.



Avoid sun or UV ray exposure for at least 12 hours after applying citrus oils topically (or blends containing citrus essential oils).



Dilute with **Fractionated Coconut Oil** for sensitive or elderly skin, with children or infants, and on areas of sensitivity. Reduce dosing for infants, children, elderly, and those in a fragile state of health.



Do not use if safety seal is missing or broken. Store in cool place. Read labels and follow recommendations. Consult credible resources for dosing guidelines.

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DAILY TRACKER

Month 1 Prepare Phase

Goal: Energize organ and cell performance.*

ACTIVATE		dōTERRA PB Restore™ Take 1 capsule with AM meal.	Days 1-10 AM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 11-20 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 21-30 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
		TerraZyme™ (optional) Take 1-2 capsules with meals, especially when eating enzyme-deficient foods.	Days 1-10 AM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ PM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 11-20 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 21-30 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
BUILD		VMG+™ Take 1 sachet in water daily.	Days 1-10 AM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 11-20 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 21-30 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
		EO Mega®+ Take 1-2 softgels with AM and PM meals for a total of 3.	Days 1-10 AM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ PM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 11-20 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 21-30 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
CLEANSE		MetaPWR® Mito2Max® Take 1-2 capsules with AM and PM meals.	Days 1-10 AM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ PM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 11-20 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 21-30 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
		RevitaZen™ Complex Take 1 capsule with AM meal. Add 1 with PM meal as needed.	Days 1-10 AM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ PM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 11-20 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 21-30 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
TARGETED SOLUTIONS		RevitaZen™ Blend (optional) Add 3-5 drops per 8 or more ounces of water for a total of 10-15 drops per day.	Days 1-10 AM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ PM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 11-20 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 21-30 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
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			Days 1-10 AM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ PM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 11-20 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 21-30 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
			Days 1-10 AM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ PM ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 11-20 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	Days 21-30 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Include in your daily routine oils and blends to be used topically and aromatically.

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