



Get To The Root Of Your Pain

WHY APPLY OILS TO YOUR FEET?

The skin on the soles of the feet is less sensitive than skin throughout the rest of the body, allowing us to use even the “hotter” oils (Oregano, Thyme, Cinnamon, etc.) there with minimum dilution.

Some of the largest pores on our body are on the soles of the feet. This allows essential oils to be absorbed very quickly. When WholeBody™ Collection Blends are applied to the soles of the feet, they begin to absorb within just 20 seconds. That's fast!

STEP 1: ASSESSMENT

Before opening the WholeBody™ Collection blends, assess the level of pain or discomfort while standing still, and while completing the four assessments on the back of this sheet.



While standing still, notice any degree of pain or discomfort you feel. Then sit down, stand back up, and walk around for 30 seconds. Note any pain or discomfort felt while sitting, standing, or walking. Under Assessment 1, circle the pain or discomfort level with “0” being none and “10” being extreme.



Next, stand straight with your arms down at your sides. Slowly raise one arm at a time, stopping when you feel stiffness, pulling, or discomfort. Then slowly lift one leg at a time out to the side, stopping when you feel stiffness, pulling, or discomfort. Note how far you were able to lift each arm and leg. Under Assessment 2, circle the pain or discomfort level felt, with “0” being none and “10” being extreme.



While standing straight with your chin level, turn your head to the left and then to the right, stopping when you feel stiffness, pulling, or discomfort. Note how far you were able to turn your head in each direction. Under Assessment 3, circle the pain or discomfort level, with “0” being none and “10” being extreme.



Finally, while standing straight, lower your chin, observing any restrictions or discomfort. Then raise your chin, again paying attention to the range of motion and any discomfort. Note how far you were able to raise and lower your chin. Under Assessment 4, circle the pain or discomfort level felt, with “0” being none and “10” being extreme.

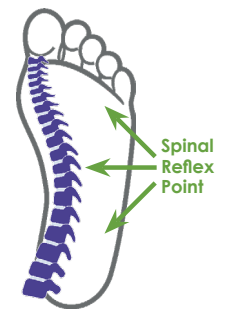
STEP 2: APPLICATION

For each of the WholeBody™ Collection Blends, take a moment and inhale the oil before beginning application.

Starting with Align, apply one drop along the spinal reflex point (bottom and neck of the big toe) of the foot, rubbing it down the arch of the foot. After applying Align, repeat each of the four assessments, paying close attention to any increase or decrease in range of motion, discomfort, and pain level.

In the Notes area, write down any changes you observe; including the level of discomfort or pain felt while performing the four assessments. Next to Align in the table on the next page, circle the change in pain or discomfort level felt while performing the four assessments, with “0” being none and “10” being extreme.

Repeat the same process with each of the WholeBody™ System Blends, noting any changes in range of motion, discomfort, and pain level.



HEALTH TIPS

After applying each oil and performing the four assessments, drink a glass of water to help flush any released toxins that could result in a minor cleansing crisis such as mild headache or upset stomach.

Also check the soles of the feet after each oil application to ensure the oil is absorbing well. If the feet look really shiny or the oil is pooling on the surface of the skin, rest until it is absorbed and drink plenty of water as this can be a sign of dehydration.

WHOLEBODY™ COLLECTION ASSESSMENT

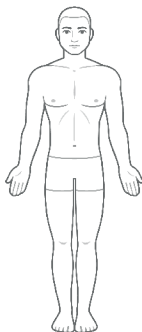
STEP 1: ASSESSMENT

Pain & Discomfort Level	None										Extreme
Assessment 1: Starting Point	0	1	2	3	4	5	6	7	8	9	10
Assessment 2: Raising Arms & Legs	0	1	2	3	4	5	6	7	8	9	10
Assessment 3: Head Rotation	0	1	2	3	4	5	6	7	8	9	10
Assessment 4: Raising & Lowering Chin	0	1	2	3	4	5	6	7	8	9	10

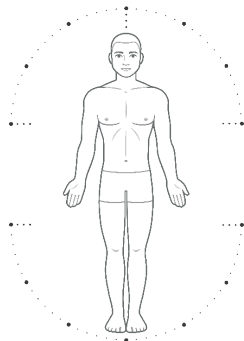
STEP 2: APPLICATION

Degree of Change	None										Extreme
Align: Alignment	0	1	2	3	4	5	6	7	8	9	10
Osteo: Skeletal System	0	1	2	3	4	5	6	7	8	9	10
Sensory: Nervous System	0	1	2	3	4	5	6	7	8	9	10
FlexAble: Muscular System	0	1	2	3	4	5	6	7	8	9	10
Connect: Connective System	0	1	2	3	4	5	6	7	8	9	10
Circulate: Circulatory System	0	1	2	3	4	5	6	7	8	9	10
Clear: Emotional System	0	1	2	3	4	5	6	7	8	9	10

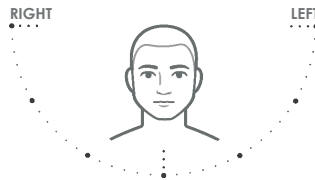
ASSESSMENT 1
Starting Point



ASSESSMENT 2
Raising Arms & Legs



ASSESSMENT 3
Head Rotation



ASSESSMENT 4
Raising & Lowering Chin



NOTES:

STEP 3: HOME ACTION PLAN

After applying the WholeBody™ Collection Blends one by one and performing all four assessments for each, you can rank the oils in order of your health needs and your body's response to each blend. Rank the oils by noting the blend to which you had the greatest degree of change in pain or discomfort on line #1, continuing to the lowest degree of change on line #7. Some individuals may need to use all seven WholeBody™ Collection Blends daily, while others may only need one or two. It is recommended that you reassess yourself once per month, noting any changes in your range of motion, pain, and discomfort levels, and re-ranking the WholeBody™ Collection Blends based on your body's individual responses.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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