

## Why use essential oils in your cooking



For years, I have used DoTerra Essential Oils in my recipes. Many people are not familiar with how to use these oils in their home cooking. This information gives an overview of how to use these oils to punch up your food's flavor and provide some health benefits.

Your Chef,  
Lawrence

[Click for a Free Consultation!](#)

Want to learn how to use essential oils in your life? Click button on left for a free telephone consultation.

## Essential Oils Add Awesome Flavor to Your Food

*Click Below Links for an Overview of Cooking with Essential Oils.*

[Click Link for Essential Oil Cooking Page](#)

One

[Click Link for Essential Oil Cooking Page](#)

Two

## Essential Oils Help People Manage Their Health.

## 1. WHAT ARE ESSENTIAL OILS?

- Naturally occurring volatile aromatic compounds
- Found in the seeds, bark, stems, roots, flowers, and other parts of plants
- Protect plants against environmental threats and provide beneficial properties
- Highly concentrated when distilled for purity, potency, and efficacy
- Used historically for food preparation, beauty treatment, and health-care practices



### ◆ WILD ORANGE

- Cleanse and purify your home environment
- Add to water for a burst of flavor
- Diffuse for a revitalizing aroma



### ◆ FRANKINCENSE

- Supports healthy cellular function\*
- Promotes feelings of relaxation
- Helps reduce appearance of skin imperfections

## 2. WHY dōTERRA ESSENTIAL OILS? CPTG CERTIFIED PURE THERAPEUTIC GRADE® ESSENTIAL OILS

- Sourced from a global network of growers to ensure the most pure and efficacious essential oils
- Rigorously tested for standards of purity and potency
- Free from fillers or artificial ingredients
- Free of harmful contaminants

## EMPOWERING SOLUTIONS

- Provide health-conscious individuals with a safe and natural alternative
- Used for a wide range of emotional and physical wellness applications
- Have few, if any, undesirable side effects when used as directed
- One drop is all that is needed to achieve a powerful benefit

## C&I-IMPACT SOURCING®

- Cultivates partnerships with artisans, small-scale growers, and distilleries
- Organizes growers into cooperatives, creating jobs and improving income
- Establishes stable pricing with a trustworthy, long-term buyer
- Empowers growers, families, and communities in impoverished nations



## 3. HOW DO I USE ESSENTIAL OILS?

### A AROMATIC

- Essential oils, when diffused or inhaled, can be very stimulating, calming, or soothing; diffusing essential oils can also cleanse and purify the air



### ◆ dōTERRA BREATHE®

- Maintains feelings of clear airways and easy breathing
- Promotes a restful sleep

### T TOPICAL

- Essential oils can be safely applied for massage or topical benefit



### ◆ DEEP BLUE® or DEEP BLUE RUB

- Perfect for soothing massage after long day
- Apply on feet and knees before and after exercise

### I INTERNAL

- Certain essential oils have a rich culinary history and can be used as dietary supplements for targeted wellness



### ◆ dōTERRA ON GUARD®

- Supports healthy immune and respiratory function\*
- Gargle with water for mouth rinse

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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