



**ESSENTIAL OILS**  
FOR ABUNDANT LIVING

## PROGRAM WORKBOOK



**Dr. Eric & Sabrina Zielinski**

# **Essential Oils for Abundant Living Program Workbook**

*For Personal Reflection or Group Study*

by Dr. Eric & Sabrina Ann Zielinski

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Have you picked up our newest bestseller, *The Healing Power of Essential Oils*?

**Get Your Copy Today! <http://HealingPowerOfEssentialOils.com/>.**

Whether for personal reflection or group study, the **Essential Oils for Abundant Living Workbook** is your indispensable guide that will help make sure you get the most out of our 10-Part Video Masterclass.

We strongly encourage you to take the exercises found in this book seriously. Like anything, you will get only as much as you put into learning the information that we share in the **Essential Oils for Abundant Living Masterclass**.

So, be sure to carefully follow along as we show you how to use essential oils safely and effectively, and just wait... You'll start to experience the Abundant Life in no-time!

The answer to your health problems can be found in nature, and we have seen thousands of lives changed by the healing power of essential oils. It's our privilege to show you how to make them part of your daily life!

**As always, our hope & prayer is that you enjoy the abundant life!**

**~ Dr. Z & Mama Z**

## **Quick Start Guide – Getting the Most Out of this Program**

### **Companion Videos**

- *Introduction Video the Healing Power of Essential Oils Natural Recipes and Home Remedies*

### **Companion PDFs & Print Material**

- *Personal journal or Essential Oils for Abundant Living Program*
- *Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book*

To help set the tone for the entire program, let's begin by answering a very profound question that has several implications...

*Do you consider yourself a healthy person?*

But, before you answer, we need to be on the same page about what “health” really is. According to World Health organization, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Though, I'd go one step further. I'm asking if you are *really* well? In other words, do you enjoy “Biblical health?”

Essentially, every area of your life falls into one (or more) of these categories, and, YES, it should be your goal to master every discipline.

- **Spiritual** – Having a thriving relationship with your Creator.
- **Physical** – Maintaining a strong, healthy body.
- **Mental** – Being intellectually sound and having the mind of Christ.
- **Emotional** – Being at peace and enjoying a balance of healthy feelings.
- **Financial** – Having enough to provide for your family and to be BIG givers.
- **Occupational** – Truly enjoying the work of your hands.
- **Social** – Fostering deep, mutually beneficial relationships with friends, family and people that you encounter every day.

## Defining Health for Self-Reflection & to Monitor Progress

1. Circle the answer to the question: *Overall, do you consider yourself a healthy person?*

- Yes or No

2. Explain why or why not.

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3. Put down today's date so you can refer back to your answer as you progress throughout the course.

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4. Now, rank your health from 0-10 (lowest to highest) and provide a brief explanation why.

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5. Digging deeper, rank each of these areas of the abundant life from 0-10 (lowest to highest) and provide a brief explanation why.

- **Spiritual Health** \_\_\_\_\_  
\_\_\_\_\_
- **Physical Health** \_\_\_\_\_  
\_\_\_\_\_
- **Mental Health** \_\_\_\_\_  
\_\_\_\_\_
- **Emotional Health** \_\_\_\_\_  
\_\_\_\_\_
- **Financial Health** \_\_\_\_\_  
\_\_\_\_\_

- 
- **Occupational Health** \_\_\_\_\_

- 
- **Social Health** \_\_\_\_\_
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### **Calling Out the Elephant in the Room**

1. Answer the question: *Why are you here?*

I.e. *What are your Top 2 or 3 reasons for wanting to learn about essential oils?*

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**Notes:**

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## **Lesson 1 - Setting the Foundation: All You Need to Know About Aromatherapy to Get Started**

### **Companion Videos**

- *Interview with EO Vet Dr. Janet Roark – Note, animal aromatherapy is not covered in the primary video teachings*

### **Companion PDFs & Print Material**

- *Essential Oil Chemistry & Safety Handbook*
- *How Essential Oils are Steam Distilled Infographic*

### **Lesson 1 Summary**

- *Aromatherapy History*
- *Defining Essential Oils*
- *Essential Oil Properties*
- *Extraction Methods*
- *Plant Chemistry Basics*
- *Essential Oil Purity, Quality Standards & Adulteration*
- *How to Purchase Essential Oils*

### **Essential Oil History**

- A chemist by the name of Rene-Maurice Gattefosse suffered a lab explosion and stumbled upon \_\_\_\_\_ as the remedy to heal the gangrene on his hand. He is now referred to as the father of aromatherapy.

### **3 Primary Ways to Use Essential Oils**

1. \_\_\_\_\_

2. \_\_\_\_\_
3. \_\_\_\_\_

### **Essential Oil Extraction Methods**

1. Steam distillation – refer to your course materials for the PDF on how this is done
2. Cold pressing – similar to an olive press, where the volatile and non-volatile components of citrus fruits are squeezed out of the rind
3. Solvent extraction – super critical or liquid carbon dioxide

### **Purity and Adulteration**

- It has been reported that up to \_\_\_\_\_ of all oils on the market today are adulterated.
- Pure essential oils are proven to contain more beneficial medicinal properties than \_\_\_\_\_, primarily because the body cannot properly metabolize synthetics.
- \_\_\_\_\_ says that your body's chemistry is unique to you, so there is no one-size-fits-all approach to using essential oils.
- Certified organic oils are likely better. But it all depends on where they are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

### **Find a Reputable Company**

- Essential oils are not regulated by the FDA. Therefore, you must find a company that you trust.



## Choosing the Best Brands for You

1. Get a referral from a trusted friend.
2. Contact the company and ask for a report on sourcing and quality standards.
3. Request a GC-MS report for specific oils of interest.

## Test for Yourself

- Start with \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ . Observe how your body responds.
- The \_\_\_\_\_ is a self-assessment of how essential oils affect your sense of taste, touch, smell, sight, hearing, and intuition.

## Notes:

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## **Lesson 2 - Setting the Foundation: Essential Oil Inhalation Guide & Safety Tips**

### **Companion Videos**

- *Morning Get Up & Go Diffuser Blend*
- *Performance Booster Inhaler*

### **Companion PDFs & Print Material**

- *Diffuser Blends*
- *Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book*

### **Lesson 2 Summary**

- *Science of Smell*
- *How Inhaling Essential Oils Affects the Brain*
- *The Healing Power of Inhaling Essential Oils*
- *Inhalation Techniques, Tips and Safety Guidelines*

### **Therapeutic Benefits of Essential Oils**

- \_\_\_\_\_ **oil** – can decrease food intake and stimulate fat breakdown
- \_\_\_\_\_ **oil** – can help with depression
- \_\_\_\_\_ **oil** – can boost energy levels
- \_\_\_\_\_ **sage oil** – can decrease cortisol
- \_\_\_\_\_ **oil** – can increase memory
- \_\_\_\_\_ **oil** – can decrease nausea
- \_\_\_\_\_ **oil** – can decrease pain

## Science of Smell

What part of the brain is affected by inhaling essential oils?

\_\_\_\_\_

## How Many Drops to Put in Your Diffuser

- \_\_\_\_\_ drops for 100-150 ml water tank.
- \_\_\_\_\_ drops for 200-350 ml water tank.

**Here's a quick review of the various methods of inhaling essential oils. As you go over these, think of how you can incorporate each of these methods of using essential oils into your day.**

- **Smelling** from the bottle
- **Cupping** from the hands
- **Inhaler** for on-the-go aromatherapy
- **Ultrasonic Diffuser** – vibrating disc in the middle for all-day use
- **Nebulizer** – use with straight essential oils for concentrated use
- **Spritzers** can be used in a variety of ways

## Essential Oil Safety Tip

1. Be mindful when using essential oils with babies and pets in the room.
2. Always use a diffuser in a \_\_\_\_\_ room.
3. Know how each oil affects YOU.

## **Mama Z DIY Hack**

If you are sensitive to calming essential oils (like us)

- Turn the diffuser on \_\_\_\_\_ you put the kids to bed on your way out the door or, you may fall asleep with them!

## **Mama Z Tip**

- Essential oils can help your body reach \_\_\_\_\_
- \_\_\_\_\_ can be added to both calming and energy-boosting blends.

## **Mama Z DIY Hack**

What are the 5 Ps?

1. P \_\_\_\_\_
2. P \_\_\_\_\_
3. P \_\_\_\_\_
4. P \_\_\_\_\_
5. P \_\_\_\_\_

## **Try This at Home**

- Make an inhaler recipe to boost your mood or to increase energy levels.
- Make a spritzer recipe to help you get a better night's sleep.

**Notes:**

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## **Lesson 3 - Setting the Foundation: Essential Oil Topical Application Guide & Safety Tips**

### **Companion Videos**

- *Essential Oils Carrier Oil Guide*
- *Essential Oils Dilution Guide*
- *Essential Oils Roller Bottle Guide*

### **Companion PDFs & Print Material**

- *4 Categories of Carrier Oils to Know*
- *DIY Dilution Guide*
- *Roller Bottle Guide*
- *Essential Oils for Photosensitivity*
- *Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book*

### **Lesson 3 Summary**

- *Importance of Protecting Your Skin Microbiome*
- *Why Cellular Biology is Important for Your Health*
- *Special Essential Oil Properties*
- *The Healing Power of Using Essential Oils Topically*
- *Topical Application Techniques, Tips and Safety Guidelines*

### **The Barriers of the Body**

- Your immune system starts with a barrier. And the barrier is your \_\_\_\_\_.
- Your cells are protected by a \_\_\_\_\_ membrane, which means fat.

- Topical application of essential oils can be detected in the blood within \_\_\_\_\_ minutes, and essential oils can be metabolized by the body in as little as \_\_\_\_\_ minutes.

### **Application Tips**

If you want to get the most for your money, always \_\_\_\_\_ your essential oils with a \_\_\_\_\_.

List the best places to apply oils to the body topically

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **About Dilution**

- What is one of the best oils to use as a carrier oil to dilute essential oils?  
\_\_\_\_\_
- What is the shelf life of essential oils?  
\_\_\_\_\_
- The rule of thumb for diluting essential oils is a \_\_\_\_\_ dilution.
- Using essential oils neat (undiluted) is never recommended because it's been known to cause  
\_\_\_\_\_.

- Some oils are \_\_\_\_\_, which means that they can cause burning or skin sensitivity when exposed to sunlight after topical application.

### **Mama Z's Recipe for Balancing Thyroid & Adrenals**

2% dilution roll-on

- Frankincense
- Orange
- Sandalwood
- Ylang ylang
- Lavender

### **Mama Z's Hormone Balancing Blend**

2% - 5% dilution roll-on

- Lemongrass
- Clary sage
- Geranium
- Ylang ylang

*Apply over thyroid, abdomen, and thighs twice daily*

### **Mama Z's Hormone Balancing Blend**

2% - 5% dilution roll-on

- Bergamot
- Neroli



- Spikenard
- Ylang ylang

*Apply over small of back (over kidneys) twice daily*

**Try This at Home**

- Use one of our DIY recipes to make your first roller bottle blend!

**Notes:**

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## **Lesson 4 - Setting the Foundation: Essential Oil Internal Use Guide & Safety Tips**

### **Companion PDFs & Print Material**

- *Lesson 4 Transcript*
- *The 8 Steps of Oil Pulling Infographic*
- *Essential Oil Chemistry & Safety Handbook*

### **Lesson 4 Summary**

- *How to safely use essential oils internally*
- *Identifying oils that are not safe for internal use*
- *Essential oils, supplements & pharmaceuticals*
- *Using essential oils for oral care and hygiene*

### **Breakdown of the industries that use essential oils**

- **Food and flavor** \_\_\_\_\_
- **Fragrance** \_\_\_\_\_
- **Pharmaceutical** \_\_\_\_\_
- **Industrial** \_\_\_\_\_
- **Aromatherapy** \_\_\_\_\_

### **List the 5 ways to use essential oils internally**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Using Essential Oils Internally

- Oils and \_\_\_\_\_ DO NOT mix!
- Internal use of essential oils can interact with \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_ capsules will be digested by your gastric acid fluids. \_\_\_\_\_  
\_\_\_\_\_ bypass stomach acid and reach the gut.

## DIY Basic Capsule Formula

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## Mama Z DIY Oil Pulling Blends

Clove and peppermint, good for \_\_\_\_\_

Clove, peppermint & myrrh, good for \_\_\_\_\_

Citrus & peppermint, good for \_\_\_\_\_

Lemon, lavender, peppermint & tea tree, good for \_\_\_\_\_

## List the steps to preparing your oil pulling concentrate

1. \_\_\_\_\_
2. \_\_\_\_\_

3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **Diluting Essential Oils for Oil Pulling**

Use \_\_\_\_\_ drops of essential oil per \_\_\_\_\_ of coconut oil.

### **Remember!**

Never spit your oil pulling mixture out into your sink. The coconut oil will harden and clog your pipes. Spit the mixture out into the trash can instead.

### **Try This at Home**

Create your own DIY essential oil capsule

Try one of Mama Z's oil pulling blends

### **Notes:**

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## **Lesson 5 - Natural Solutions for a Toxic-Free Home: DIY Body Care Products**

### **Companion Videos**

- *Mama Z's Oil Base*
- *Joyful Body Oil*

### **Companion PDFs & Print Material**

- *Lesson 5 Transcript*
- *Essential Oils for Abundant Living Body Care Recipe Book*
- *Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book*

### **Lesson 5 Summary**

- *How to make DIY care products*
- *DIY product storage and safety tips*
- *Simple DIY recipes to get you started*

### **Toxic-Free Body Care Items**

\_\_\_\_\_ has been a registered pesticide since 1969, and it is found in many care products.

### **Safety Tips**

1. DIY body care items are likely to include \_\_\_\_\_, which reduces their shelf life due to the risk of bacteria growth.
2. Most DIY water-based body care items made without preservatives will only have a shelf life of \_\_\_\_\_.

3. What are the signs that your DIY product has gone rancid?

- \_\_\_\_\_
- \_\_\_\_\_

**Don't Forget!**

Check your body's reaction with an \_\_\_\_\_.

Perform a \_\_\_\_\_ before applying your DIY products liberally.

**Mama Z's Healing Skin Serum**

4 ounces \_\_\_\_\_

4 ounces \_\_\_\_\_

1/2 ounce each of \_\_\_\_\_

32 drops \_\_\_\_\_ essential oil

**Avoid the Following Harmful Ingredients**

_____	_____
_____	_____
_____	_____
_____	_____

**Mama Z's Oil Base**

54 ounces \_\_\_\_\_

16 ounces \_\_\_\_\_

8 ounces \_\_\_\_\_

4 ounces \_\_\_\_\_

\*Add \_\_\_\_\_ to make the Joyful Blend (2% dilution)

**Try This at Home**

Add essential oils to an unscented body lotion or oil

**Notes:**

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## **Lesson 6 - Natural Solutions for a Toxic-Free Home: DIY Cleaning Products**

### **Companion Videos**

- *Lemon Tea Tree Dish Soap*
- *Toxic-Free Hand Sanitizer*

### **Companion PDFs & Print Material**

- *Lesson 6 Transcript*
- *Essential Oils for Abundant Living Natural Cleaners Recipe Book*
- *Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book*

### **Lesson 6 Summary**

- *Our toxic world and body burden*
- *The cost of conventional cleaning products*
- *Beginner and advanced DIY hacks for the home*

### **Making Your Own DIY Cleaning Products**

- All water-based cleaning products have a \_\_\_\_\_ shelf life.

### **Mama Z DIY Hacks**

Use the correct carrier during the correct time of year.

- Do not use \_\_\_\_\_ in your DIY recipes during the cold months or it may harden & clog your drain pipes.



- Instead, use carrier oils such as \_\_\_\_\_, \_\_\_\_\_,  
or \_\_\_\_\_.
- Store DIY mixtures in \_\_\_\_\_.

### **Dr. Z's Immunity Blend**

Equal parts:

_____	_____
_____	_____
_____	_____

Add \_\_\_\_\_ into a \_\_\_\_\_.

### **Mama Z's DIY Hack**

On-the-Go Cleaning Spray

20 drops \_\_\_\_\_

20 drops \_\_\_\_\_

20 drops \_\_\_\_\_

2-ounce spray bottle

### **Try This at Home**

Choose one DIY recipe from this lesson that you can create for your home.

**Notes:**

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## Lesson 7 - Natural Solutions for a Toxic-Free Home: Cooking with Essential Oils

### Companion Videos

- *Super Quick Coco Mint Delight*

### Companion PDFs & Print Material

- *Lesson 7 Transcript*
- *Essential Oil Chemistry & Safety Handbook*
- *Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book*

### Lesson 7 Summary

- *Culinary use and safety guidelines*
- *The top go-to essential oils for the kitchen*
- *Can you heat essential oils?*

### Culinary Use of Essential Oils

The safe culinary dose for essential oils is \_\_\_\_\_ per dish.

\_\_\_\_\_ of extract, spice, lemon zest, herb, etc. = \_\_\_\_\_ EO.

### Mama Z's Go-To Kitchen Oils

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

### **Essential Oils in the Kitchen**

Use \_\_\_\_\_ drops of essential oils for every teaspoon of extract called for in a recipe.

Do not heat \_\_\_\_\_ oils.

### **Try This at Home**

Substitute the essential oil for one of your herb, spice, or citrus recipe ingredients the next time you cook!

### **Notes:**

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## Lesson 8 - Regaining Control of Your Health: Preventing Disease with Essential Oils

### Companion Videos

- *Focus and Clarity Inhaler*
- *Nausea-Free Pregnancy Inhaler*
- *Sweet Sleep Body Oil*

### Companion PDFs & Print Material

- *Lesson 8 Transcript*
- *Tips on How to Detox with Essential Oils Infographic*
- *Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book*

### Lesson 8 Summary

- *The true meaning of preventative health*
- *How essential oils cooperate with the body to support natural healing*
- *Understanding the importance of regular detox*

### Key Concepts

1) Preventative health is a \_\_\_\_\_ choice.

2) Health is \_\_\_\_\_ responsibility.

3) Keys to preventing disease:

_____	_____
_____	_____

## The Power of Essential Oils

Essential oils are known \_\_\_\_\_, specifically oils like \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

\_\_\_\_\_ triggers homeostasis in the human body.

### Remember!

1) You are NOT a \_\_\_\_\_ of the genetic lottery!

2) Maintaining a positive \_\_\_\_\_ and getting a \_\_\_\_\_ are vital to preventing disease.

### Mama Z's Detox Bath

1 cup \_\_\_\_\_

1/4 cup \_\_\_\_\_

1 tablespoon \_\_\_\_\_

2 drops \_\_\_\_\_

5 drops \_\_\_\_\_

### Mama Z's Immune Boost Blend

Equal Parts:

\_\_\_\_\_  
\_\_\_\_\_

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**Dr. Z's Flu Shot**

\_\_\_\_\_ Lypo-spheric vitamin C

\_\_\_\_\_ raw honey

\_\_\_\_\_ unrefined coconut oil

\_\_\_\_\_ immune boost blend

\_\_\_\_\_ organic pumpkin pie spice

\_\_\_\_\_ pink Himalayan salt

**Try This at Home**

Watch the demo videos in your course materials and make the Focus & Clarity Inhaler and the Sweet Sleep Body Oil.

**Notes:**

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## **Lesson 9 - Regaining Control of Your Health: Treating Disease with Essential Oils**

### **Companion Videos**

- *Healing Affirmations*
- *Healing Skin Serum*
- *Arthritis Pain Ointment*
- *Candida Tampon*
- *Gentle Vagina Lubricant*

### **Companion PDFs & Print Material**

- *Lesson 9 Transcript*
- *Healing Affirmations Infographic*
- *Oils for Anxiety Infographic*
- *Oils for Insomnia Infographic*
- *Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book*

### **Lesson 9 Summary**

- *Using essential oils after the onset of illness*
- *Essential oils as first aid in an emergency*
- *At-home solutions for infections and pain*

### **Mama Z's Wound Treatment**

Clean the infected area, and apply these oils \_\_\_\_\_.



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**Mama Z's MVPs for Pain & Inflammation**

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**List 5 Common Migraine Triggers**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**In addition to peppermint and wintergreen, list 3 additional essential oils that are analgesics that reduce inflammation and kill pain.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What is the protocol for addressing strep throat?**

1. \_\_\_\_\_ first thing in the morning.
2. Gargle with \_\_\_\_\_ 2x daily.

**Mama Z's Joyful Blend**

1 ounce \_\_\_\_\_

6 drops \_\_\_\_\_

6 drops \_\_\_\_\_

**Mama Z's Favorite Mood-Boosting Essential Oils**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Try This at Home**

Make one of the recipes from the companion videos for this lesson. Choose from the Healing Skin Serum, Arthritis Pain Ointment, Candida Tampon, or the Gentle Vaginal Lubricant.

**Notes:**

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Lesson 10 - Regaining Control of Your Health: Advanced Strategies & Protocols**

### **Companion Videos**

- *Cancer-Fighting Roll-On*

### **Companion PDFs & Print Material**

- *Heal Your Gut with Essential Oils eBook*
- *Essential Oils for Diabetes eBook*
- *The Truth About Essential Oils and Cancer eBook*
- *Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book*

### **Lesson 10 Summary**

- *Customizing your protocol to work for YOU*
- *Yvonne's powerful testimony of using essential oils to combat terminal cancer*
- *Discover the number one determining factor for recovering from illness*

### **Putting It All Together**

\_\_\_\_\_ is the number one cause of disease.

Chronic diseases linked to inflammation:

\_\_\_\_\_

\_\_\_\_\_

### **When Treating Advanced Diseases Keep These Points in Mind:**

1. Find the \_\_\_\_\_ and \_\_\_\_\_ that work for you.
2. It takes \_\_\_\_\_ and \_\_\_\_\_ to discover what works for you.
3. Take \_\_\_\_\_ to get big results with essential oils.

**Quick Tip**

It only takes \_\_\_\_\_ weeks maximum for a new intervention to take effect.

**Proven Cancer-Fighting Oils**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Notes:**

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## About Dr. Z & Mama Z



We know what it's like to be sick. Seriously, chronically sick and, between the two of us, we have suffered from chronic pain, leaky gut, eating disorders, cystic acne, depression, and even suicidal thoughts for years. And (thank God) we know what it's like to recover. And NOT by using conventional medicine either! In fact, medicine failed us and it literally took more than a decade for us to come up with the natural solutions that were just right for our bodies.

This is why we're so we do, and learning about essential oils has been an important part of our healing journey.

Before we launched our website in 2014, we used to help educate and coach people for free because we could truly empathize with their suffering. All this started back in 2003. It was our joy to serve our friends, family and neighbors. We never imagined that our essential oil training would take off and reach more than 5 million people every year.

We hope you join our essential oil training, and we look forward to seeing you in our private Members Only Facebook group and during our month Q & A's. It brings us more joy than you can imagine to see so many people regain control of their health with essential oils and it is our sincere honor to act as your trusted guide and mentor during your journey!

**For More Healing Recipes & DIY Tips Don't Forget to Pick Up Our New Bestselling Book!**

**Get Your Copy Today! <http://HealingPowerOfEssentialOils.com/>.**