

# Wellness

## ON TAP

Thrive with a 90-day Reset

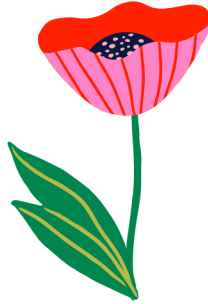


CONNIE BOUCHER

WELLNESS ON TAP  
Connie Boucher

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Super Simple Wellness™



This book is also available in  
print on Amazon!

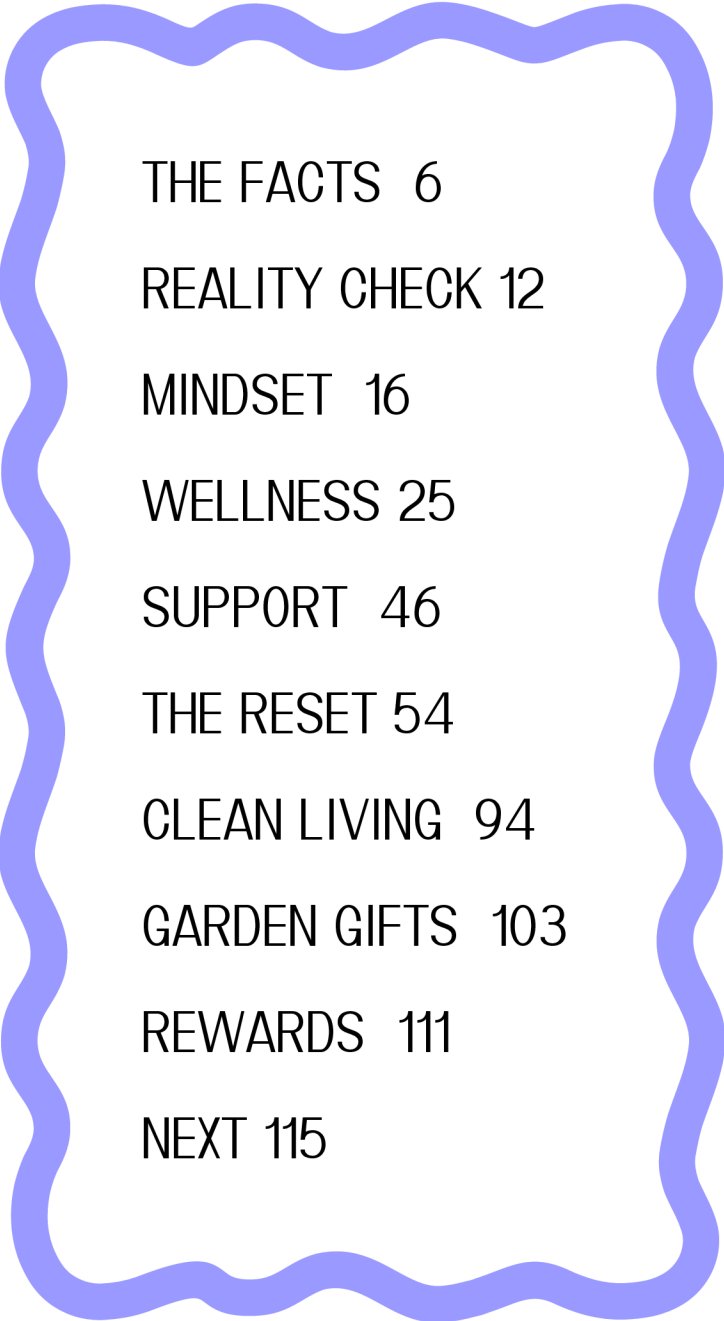
This is the book I wish I'd had thirty years ago. Back then, when my doctor told me he'd done everything he knew to do and couldn't help me anymore, I was frustrated—and even afraid.

I was dealing with chronic conditions and didn't know where to turn next. Then a friend pointed me to herbs, and in my desperation, I decided to give them a try. To my surprise, within days I felt better than I had in years.


That experience changed everything. I shifted my focus, learned what supports real health, cleaned up my habits, and began using herbs and essential oils instead of relying on medication. It worked so well that I didn't need to see a doctor for over twenty years.

I've filled this book with what I've learned and the practices I use to stay healthy, so you can feel empowered in your own journey. I hope it's a blessing to you.

 *Connie*



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Self-care is  
how you take your  
power back.

~ Lalah Delia

# THE FACTS

The human body is a macro of a bunch of micros consisting of cells, organs, and systems, and its ability to overcome, progress, and heal is amazing.

Bodies are complex, but not as complicated as you might think. What's most important for you to know is that diseases are not random, but rather they are symptoms of dis-ease. A disease diagnosis is simply a sign that your body is severely out of balance and needs help restoring itself to homeostasis. Homeostasis is the body's balanced state where self-healing occurs.

While there are countless conditions that can pop up, at the root there's only one thing that can go wrong: cells are malfunctioning.

And there are only two reasons why cells go haywire: they're either toxic or malnourished—and both things can be happening at once.

So, the simple solution to any dis-ease is to address cellular health and take care of the problem there. That's what this book is about.

Now I'm not a doctor, and I'm not making any claims to diagnose, treat, or heal, etc.—I am not giving medical advice. But I am a human who has had chronic health issues, and I've learned a lot about how the body works in the process of figuring things out for myself.

Growing up, I never even thought about my health. I worked out and watched what I ate, but my focus wasn't on being healthy—I only cared about looking good. I usually didn't eat until I was starving, and then my main food choices were low-fat, calorie-processed foods and diet sodas.

This got me through my twenties, but by the time I hit thirty, my body was obviously suffering. I started dealing with recurring sinus and bronchial issues, digestive issues, flu and colds, and chronic pain. I felt so crummy that I went to my doctor two to three times a month, asking for meds to make me feel better. Over a period of five years, I took an insane amount of prescription medicine, and each year, my conditions all got worse.

I was 36 when my doctor confessed that he was out of tricks. He'd given me every med and sample available, and nothing was working anymore. I was highly frustrated, but I also knew something had to change. I realized I didn't want to keep living a life filled with doctors' appointments and medicines, so I gave in to a friend who had been urging me to try herbs.

Honestly, I didn't expect them to work. I only went along with it because I was desperate and didn't know what else to do. To my great astonishment, the herbs worked so well that within days, I was obviously much better.

That same year, I got divorced and lost my insurance, and consequently, couldn't afford to go to the doctor. Then I went to massage school and learned how the body works, and how herbs and essential oils work with it to restore homeostasis—and that changed the trajectory of my life. After massage school, I continued to invest in my education in natural medicine, and I repeatedly experienced the benefits.



I cleaned up my diet, worked on improving my emotional and mental state, exercised daily, got enough sleep, took high-quality daily supplements, and used herbs and essential oils regularly. As a result, I went over twenty years without needing to see a doctor.

And here we are. Now I'm 69, and I don't have any of the poor-health issues that I had in my 30s. I FEEL good—no lingering aches and pains, and my body works wonderfully. Last year, when I had my bloodwork done, everything was in an optimally healthy range.

That is the goal, and it's why I'm taking the time to write this book. I want your body to function optimally so you can function well and FEEL GOOD too.

So, here's the deal:

If your daily habits are wearing your body down, it will eventually push back—through fatigue, pain, or other symptoms. Medicine can help manage those symptoms, but it can't address the underlying cause.

Real, lasting change comes from supporting your body with better habits—nutrition, movement, rest, and stress management—alongside appropriate care when needed. The goal is to take such good care of your body that you rarely get sick, and when you do, you've got natural solutions to turn to and only need medical intervention as a last resort.

If you want a different result—like vibrant health—you must change your approach and choose a lifestyle that supports it.



This is not a deep book—if you want that, I suggest my book *Wellness Made Simple*, which takes a much more in-depth approach to explaining what breaks the body down and what it needs to be healthy.

The purpose of this book is to break down the facts so they're easy to understand and comprehend.

My goal is to point you in the direction of vibrant health and give you a recipe for achieving it.

This colorful book is simply intended to increase your awareness and boost your desire to take better care of your body, mind, and spirit, so you can experience true WELLNESS.

There's no magic bullet, but the steps to creating a strong, healthy body are simple! Even though conditions vary, the same basic principles apply.

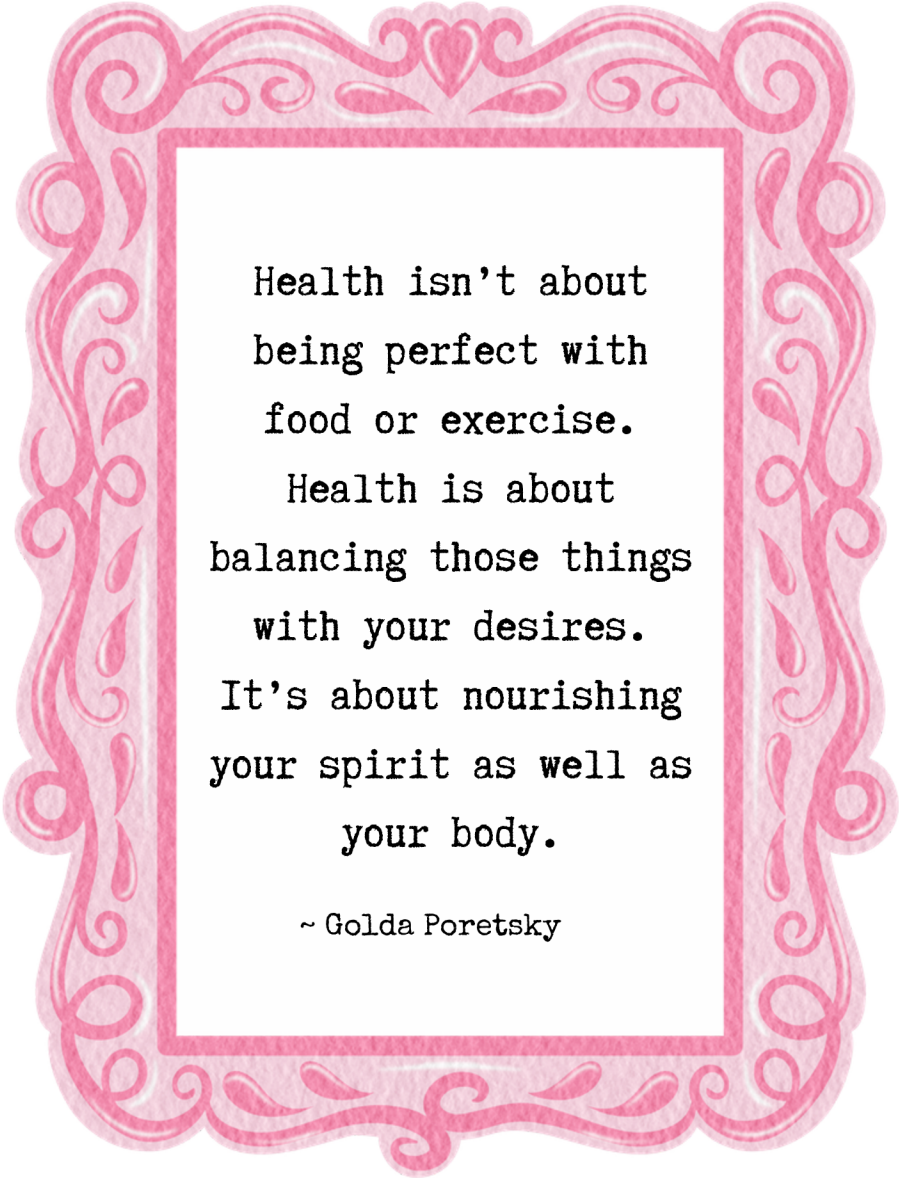




If you keep doing what  
you've been doing, you'll  
keep getting what you've  
been getting.

NOTHING WILL CHANGE UNTIL  
YOU DO.





Health isn't about  
being perfect with  
food or exercise.

Health is about  
balancing those things  
with your desires.

It's about nourishing  
your spirit as well as  
your body.

~ Golda Poretsky

# REALITY CHECK

You're here, reading this book, and that's a sign that you care about your health. Maybe you have something concerning going on and want to know how to reverse it, or maybe you simply want to prevent problems in the future. Either way, what keeps health issues away is also what fixes them—what heals and creates wellness is the same.

The things I'm sharing in this book aren't new or original—they've helped many people, not just me, turn their health around.

When I was in my thirties, I realized I was tired of living on meds in a body that felt far older than it should. I didn't know what to do next, and it took years to figure it out.

My biggest reality check came when my doctor, whom I'd wholeheartedly trusted, admitted he didn't know what else to do for me. I had already given the medical approach a very fair chance, and it didn't solve my problems. In fact, after years of taking heavy medications, my body was in terrible shape.

If you can relate, it may be time to face the facts and decide whether you're ready to take charge of your health and move forward in a different direction.

If you keep doing what you've been doing, you'll keep getting what you've been getting. If you want a different result, it's time to get honest with yourself about your lifestyle and habits.


Ask yourself the following questions and journal your answers:

- What patterns in your daily habits might be contributing to how you feel physically and mentally?
- How do you typically respond when your body is asking for rest, nourishment, or change?
- What role has food played in your life emotionally, not just physically?
- Are you addicted to anything?
- Are you truly listening to your body's signals, or overriding them out of habit?
- What are you currently accepting as "normal" that might actually be harming your health?
- If you keep living exactly the way you are now, how will you feel in five or ten years?
- What small change would make the biggest difference in your overall well-being right now?
- What does "taking care of yourself" actually look like in your everyday life?
- Where are you relying on quick fixes instead of long-term solutions?
- What would it look like to treat your body as something worth protecting, not just managing?

Put away any self-judgment you might be feeling—this reality check is about looking at your current habits without excuses and acknowledging the role they play in how you feel and look today.

This accountability check is an opportunity to recognize that while you may not be responsible for everything that has happened to you, you are responsible for what you choose next.

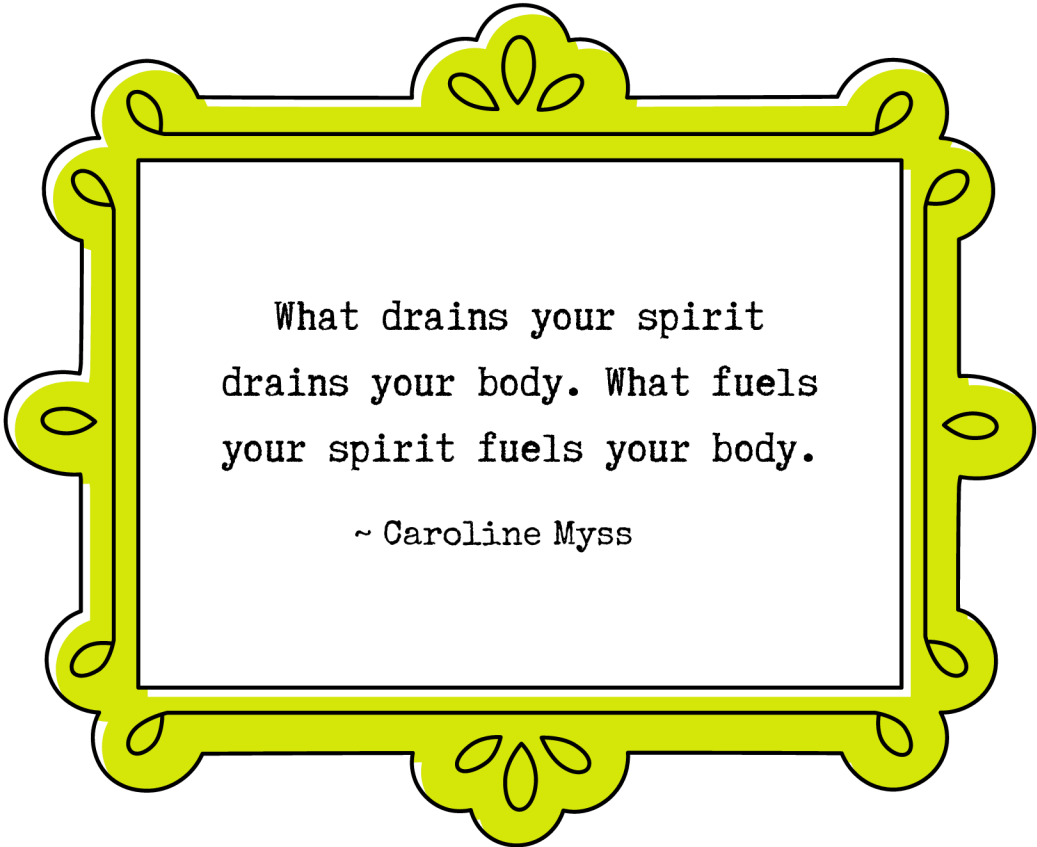
Your choices are up to you—YOU get to decide which direction you're going from now on, and you will live with the long-term results of your choices. If you're ready for something different, it starts with being honest about where you are—and being willing to take ownership of where you go from here.



To get a clear picture of your starting point, head to my website, [connieboucher.com](http://connieboucher.com), and download the vitality assessment. Fill it out honestly—don't overthink it.

Once you can clearly see where your health stands, it becomes much easier to understand why a structured plan for improvement matters.





What drains your spirit  
drains your body. What fuels  
your spirit fuels your body.

~ Caroline Myss

# MINDSET

Change isn't easy. If it were, we'd all be thin, wealthy, and living in a constant state of happiness. The people who achieve lasting results aren't lucky—they make consistent daily choices that create and maintain those results. And the good news is that it can happen to you, too!

A firm mindset is a key factor in whether you'll actually follow through and hit your goal. When your mind is firmly made up, your chances of success will increase significantly.

For instance, I have attempted many times to lose weight without first adjusting my mindset, and in those cases, it didn't take long before I drifted back into old habits and was eating the same foods that contributed to weight gain in the first place.

Then there are the times when I was mentally prepared to stick to a clear food plan. When my mindset was firm, I kept my commitment and reached my goal. Having a firm mindset made all the difference.

Whenever you decide to upgrade your habits, getting your mindset aligned first and fully backing yourself is critical to your success.

A wishy-washy mindset will keep you in a comfort zone that's really an "uncomfortable rut"—it might feel good because it's familiar, but it'll keep you stuck and prevent real progress. It won't lead to anywhere better.



A healthy, fit body doesn't just happen; it starts with a strong decision to improve your health. You've got to decide you're going to do things differently, not just "try your best."

Are you ready to make a clear, non-negotiable decision that your health is a priority? It's time to get very honest about where you are, because you can't change what you're unwilling to acknowledge.

Old habits, excuses, "starting Monday," emotional eating, inconsistency—whatever has been keeping you stuck won't get you where you want to go. Decide today what you are no longer available for these excuses. You don't need perfection, but you do need a plan to follow.

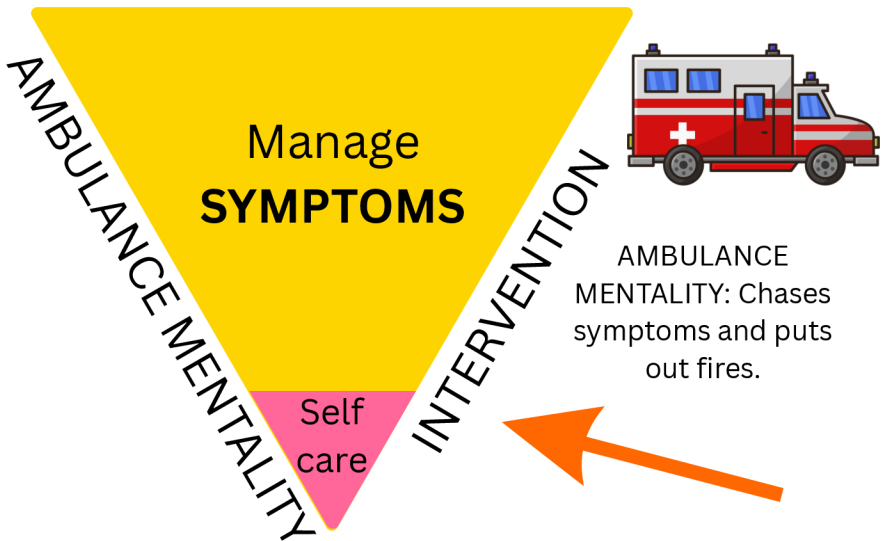
They say when you fail to plan, you plan to fail, and it's true. Without a clear-cut plan and firm mindset, you'll waver when you feel tired, stressed, or tempted—you'll forget all about your good intentions, and fall back into your old patterns. That's why commitments and plans have to be made in advance.

Motivation will come and go, and if you treat your commitment as an option, it will be. But if you have a clear plan and treat your commitment as a binding contract, your behavior will start to follow.

Mindset is what holds the line when you feel tired and discouraged, and commitment gets hard and starts to waver.



Now let's switch gears and explore two different mindsets:  
the doctor/ambulance mindset and the  
prevention/wellness mindset.



Doctors are good at diagnosing conditions, cutting out stressed body parts, and prescribing medicine that manages pain and stabilizes the body. But medications push symptoms deeper into the body, driving them into the cells, and they cause toxic side effects. Over time, this can create more complex health problems and make true healing even harder to achieve.

## **A PILL CAN'T FIX THE ILL**



Medicine is good at stabilizing the body and managing pain, but it cannot heal anything.

When medications are taken over extended periods of time, they can create complex health problems and make true healing harder to achieve. Their harmful side effects can cause more serious health problems.

Here's one example:

Flox drugs refer to a popular classification of antibiotics known as fluoroquinolones. They are called "flox" drugs because their names often end in "-floxacin," such as: Ciprofloxacin (Cipro) . Levofloxacin (Levaquin) . Moxifloxacin (Avelox) . Ofloxacin (Floxin) . Norfloxacin (Noroxin)



Flox drugs are commonly prescribed for:

“Flox drugs” are used to treat bacterial infections, including: Urinary tract infections (UTIs) . Respiratory infections (like pneumonia or bronchitis) . Sinus infections . Skin infections . Prostate infections . Bone and joint infections . Certain gastrointestinal infections (like traveler’s diarrhea) . They are considered broad-spectrum antibiotics, meaning they target a wide range of bacteria.

And some of the side effects are:

Fluoroquinolones are highly controversial because they can cause serious side effects—sometimes long after stopping the drug. Common Side Effects: Nausea . Diarrhea . Headaches . Dizziness . Insomnia . Rash or skin sensitivity to sunlight . Tendon rupture or tendinitis (especially Achilles tendon) . Permanent nerve damage (peripheral neuropathy)—burning, tingling, pain . Central nervous system effects—anxiety, depression, hallucinations, confusion . Severe joint, muscle, or nerve pain . Aortic aneurysm or dissection risk (life-threatening weakening of blood vessels) . Worsening symptoms of myasthenia gravis (a neuromuscular disorder)

This is scary!:

A black box warning (boxed warning) is the most serious safety alert issued by the U.S. Food and Drug Administration. It’s reserved for drugs with known risks of severe or life-threatening side effects and appears prominently in a black border on the label. These warnings flag dangers like death, addiction, organ failure, birth defects, or dangerous interactions, and often include strict guidance on who should avoid the drug or how it must be monitored.



# SIDE EFFECTS LEAD TO MORE HEALTH PROBLEMS

A black box warning isn't a casual caution—it means the risks are real and significant. If a medication carries a black box warning, it should only be used with full awareness of those risks and under proper medical supervision.

MORE side effects are:

Post-flox symptoms (sometimes called "Floxed") include: chronic fatigue, brain fog, muscle weakness or joint pain, sensitivity to light, sound, and chemicals, ongoing anxiety, depression, or panic attacks.

In 2016 and again in 2018, the FDA strongly advised that fluoroquinolones should not be used for simple infections (like mild UTIs, sinus infections, or bronchitis) unless absolutely necessary. This indicates how harmful they are..

And yet, flox drugs are still commonly prescribed because "they work." But do they really, and are they worth the price?

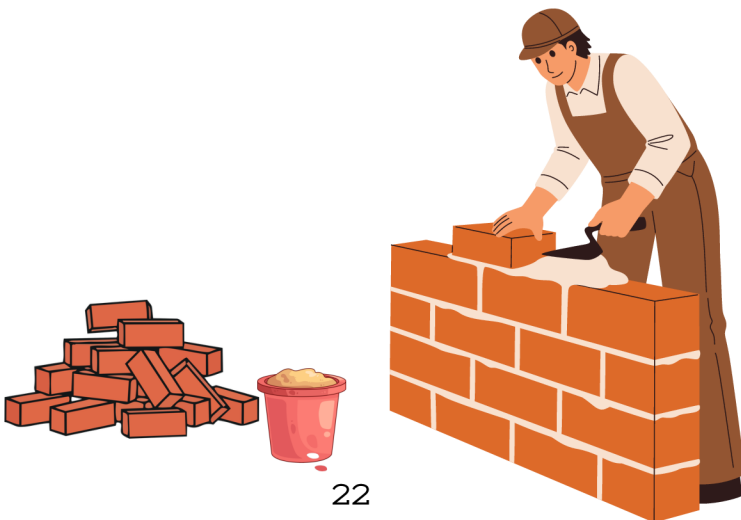


The good news is that there are better options. The human body isn't static—it's in a constant state of activity: absorbing, digesting, eliminating, and rebuilding.

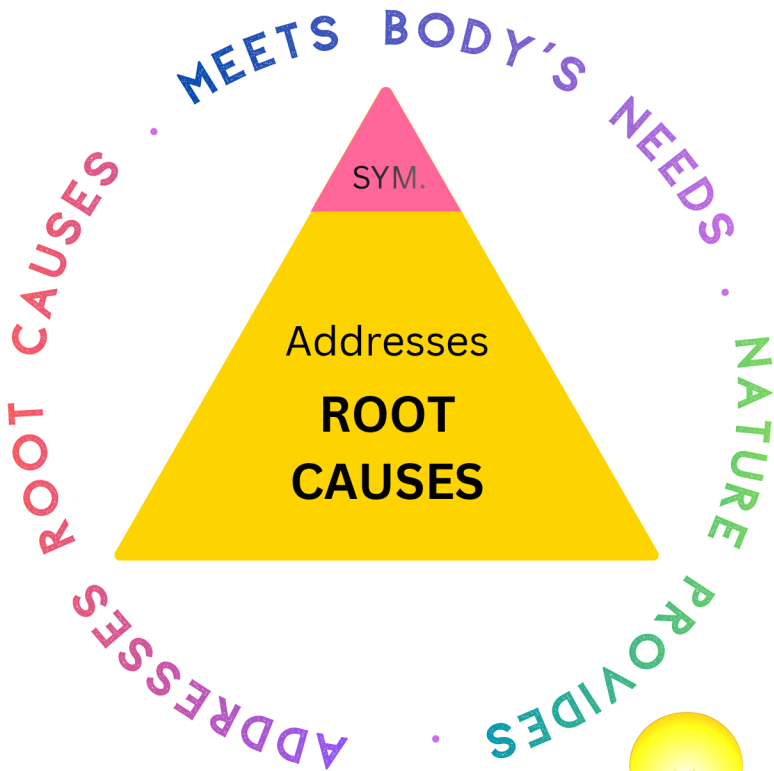
In other words, your health is always under construction, and you can influence it over time. Much like a bricklayer building a wall needs bricks, mortar, and the right tools, your body works the same way. It needs the right building blocks—and your support—to function well.

When the body's systems are consistently supported in each of these areas, it creates foundational wellness:

- Nutrition → Digestion → Elimination
  - The essential daily foundation
- Home & Personal Care
  - Reducing toxic load
- Informed Self-Care
  - Addressing issues as they arise
- Targeted Solutions
  - Getting to the root of deeper concerns




# The Solution is Proactive Healthcare:



**SAFE & NATURAL  
INTENTIONAL**





Good health is  
not something we  
can buy. However,  
it can be an  
extremely valuable  
savings account.

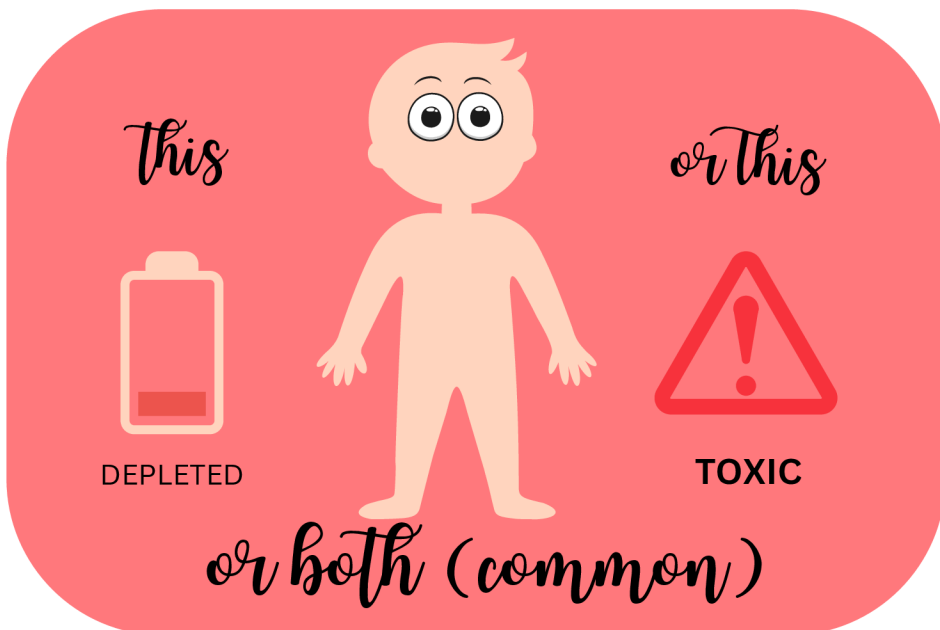
~ Anne Wilson Schaef

# WELLNESS 101

There's only one thing that goes wrong—all sickness & disease starts with cellular breakdown.

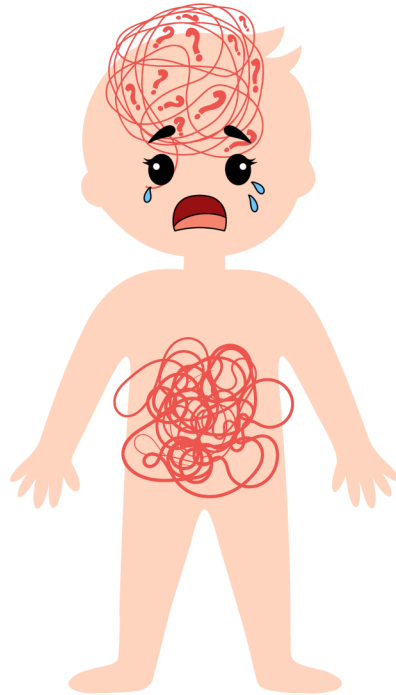
There are only two reasons cells break down: they are toxic or malnourished, and they can be both.

**THIS IS IMPORTANT  
TO UNDERSTAND!**



There are **ONLY TWO THINGS** that cause cells to break down:

- Too much of the wrong thing



- Not enough of the right thing



Common things that deplete health include:

- Sugar
- Sweeteners
- Caffeine
- Processed foods
- Fast food
- Refined grains
- Vegetable (seed) oils
- Drugs /Meds
- Alcohol
- Energy drinks
- Factory meats
- Processed dairy
- Deodorants
- Lotions
- Shampoos
- Toothpaste
- Makeup
- Perfumes
- Air fresheners
- Chemicals
- Cleaners
- Nonstick cookware
- Plastics
- Pesticides
- Detergents



The majority of hygiene and cleaning products on the market contain hormone-disrupting chemicals. Some experts estimate that up to 50% of modern health problems tied to hormones—like fertility issues, thyroid disorders, obesity, diabetes, hormone-sensitive cancers (breast, prostate), developmental problems, and even behavioral disorders like ADHD—have links to exposure to endocrine-disrupting chemicals (EDCs).

Common hormone disrupters include:

- Plastics (BPA, phthalates) – found in water bottles, food containers, receipts, and packaging
- Pesticides and Herbicides – sprayed on fruits, vegetables, and lawns
- Synthetic Fragrances – hidden in perfumes, air fresheners, candles, and cleaning products
- Parabens and Sulfates – preservatives in shampoos, lotions, cosmetics, and skincare
- Heavy Metals (like lead, mercury, cadmium) – found in some fish, contaminated water, and old pipes
- Flame Retardants – used in furniture, mattresses, and electronics
- Nonstick Chemicals (PFOA, PFAS) – used in cookware (Teflon) and waterproof fabrics
- Processed Foods and Artificial Additives – like dyes, preservatives, and fake sweeteners



- Household Cleaning Products – many conventional cleaners release hormone-disrupting chemicals into the air
- Birth Control Residues – synthetic estrogens from pharmaceuticals found in drinking water supplies



And then, there's sugar.

Common health problems linked to sugar include:

- Type 2 Diabetes
- Obesity
- Heart Disease
- Fatty Liver Disease
- Hormonal Imbalances
- Anxiety and Depression
- Cognitive Decline (including Alzheimer's, sometimes called "Type 3 Diabetes")
- Acne and premature skin aging
- Digestive problems
- Weakened immune system



Caffeine is another health destroyer. Common health problems linked to caffeine include:

- Anxiety and panic attacks
- Insomnia and poor sleep quality
- Hormonal imbalances
- Digestive issues (like acid reflux, ulcers, IBS)
- Heart palpitations or high blood pressure
- Chronic fatigue (despite caffeine use)
- Nutrient deficiencies
- Mood swings and depression
- Adrenal Fatigue
- Nutrient Deficiencies (Magnesium, Iron, Calcium loss)
- Bone weakness and loss
- Liver impairment
- Mood Swings
- Depression
- Dependency
- Withdrawal can be miserable!



Soda is a non-nutritious beverage loaded with sugar, artificial sweeteners, and synthetic additives. It acts like a slow poison, offering nothing beneficial to the body.

- Diet sodas disrupt gut health, increase sweet cravings, affect metabolism (leading to weight gain), and have been linked to cognitive decline
- Sugar: Fuels obesity, diabetes, heart disease, liver damage, tooth decay, cravings, and cognitive decline.
- One sugary soda/day → 20% higher heart disease risk
- Calories: ≈ 140–150, empty calories with no nutrients

And then, there's food.

70% of normal poor-health problems stem from a poor diet. Whether it's straight-up poor food choices or the fact that our food supply is severely compromised from decades of agricultural engineering, genetic modification, and ultraprocessing, our diets are short on nutrients.

Given this, it's not surprising that problems like heart disease, cancer, diabetes, cognitive decline, obesity, hypertension, joint & skeletal problems are all correlated with nutritional deficiencies.



Most adults are not meeting their daily nutrient requirements and are commonly falling short in key areas:

- Vitamin D (94%)
- Vitamin E (88%)
- Magnesium (52%+)
- Calcium (44%)
- Vitamin A (43%)
- Vitamin C (39%)

These aren't small gaps—they're widespread deficiencies that can impact how the body functions over time.





And then, there are preservatives.

The majority of fast food and grocery store food is highly processed and filled with artificial preservatives that the body was never designed to handle.

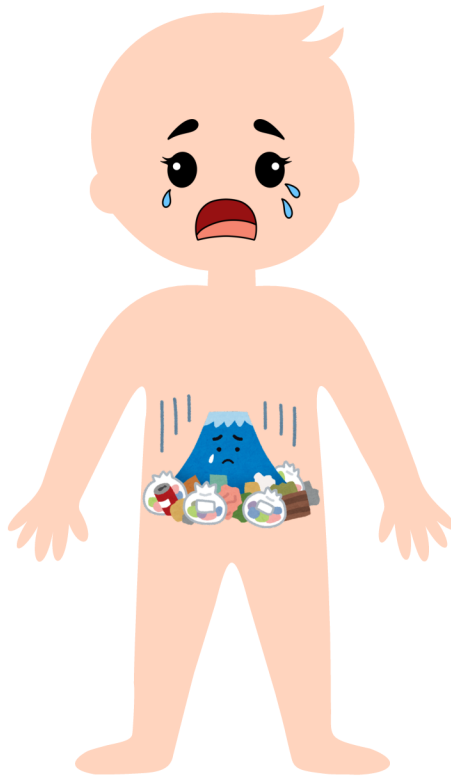
Organic plant foods naturally break down and rot as part of their life cycle — and that’s a good thing. Fresh, living foods are recognized and naturally processed by the body. In contrast, foods engineered to “stay fresh” long past their natural lifespan deposit buildups that the body is not designed to eliminate.

If it doesn’t rot on the shelf, it’s not going to break down in the gut either, and this leads to serious health issues, including colon cancer. It’s not a coincidence that digestive issues have become incredibly common, affecting tens of millions of Americans each year.

Most “fun” food and foods targeted for kids are heavily laced with harmful preservatives, and this explains why colorectal cancer rates are rapidly rising in younger adults. Researchers have found that younger generations are developing colon and rectal cancers at significantly higher rates than previous generations. This isn’t random.

- About 60–70 million Americans are affected by digestive diseases each year.
- Roughly 40% of Americans report regular digestive problems such as bloating, constipation, reflux, IBS, gas, or stomach pain.
- Colorectal cancer is now one of the fastest-rising cancers in younger adults under 50.
- In people younger than 50, colorectal cancer rates have been increasing by approximately 2.9% per year.





## Processed "foods" are killing us softly!

- Adults ages 20–44 are seeing alarming increases in rectal cancer diagnoses and deaths.
- Researchers found colon cancer cases have more than doubled in young adults since the late 1990s.
- About 13% of colorectal cancer cases now occur in people under age 50.
- People born around 1990 are estimated to have twice the risk of colon cancer and four times the risk of rectal cancer compared to people born around 1950.
- The American Cancer Society estimates nearly 159,000 new colorectal cancer cases in the U.S. in 2026 alone.
- Screening guidelines were lowered from age 50 to age 45 because of the rise in younger adults developing colorectal cancer.



In many ways, the human body is like a car—except most people take better care of their cars than they do their bodies. Just as a car won't run properly or last without proper maintenance and care, your body won't either. But unlike a car, you can't replace your body when it wears out.

Your body is a system with physical, emotional, and spiritual needs, and it's important to address all three. Focusing on just one area isn't enough—you need to support them simultaneously if you want to experience true well-being.

- Physically, your body needs proper nutrition, hydration, movement, rest, sunlight, and protection.
- Emotionally, it needs connection, safety, autonomy, and healthy self-expression.
- Spiritually, it needs purpose, connection to something greater, inner alignment, reflection, and growth.

It's your job to take good care of your body and give it the building blocks it needs!

Properly maintained bodies run well and stay youthful much longer!



# THE BODY BANK

This is a really easy concept to understand:



Every lifestyle choice is either a **DEPOSIT**



or a **WITHDRAWAL**



TOO MANY  
WITHDRAWALS CAUSE  
A **DEPLETED** BODY BANK



**A BANKRUPT body is  
not fun to live in.**



The good news is: bodies are self-healing, and true health comes from within. The body heals, restores, and thrives when it's given the right conditions—like proper nutrition, rest, movement, emotional balance, and a supported immune system.

Your job is to support your body so it can do what it was designed to do. It needs organic, real-food nutrients and high-quality natural supplements to maintain homeostasis and activate its natural ability to self-heal. It's your job to make sure your body's needs are properly met.

## CREATING HEALTH AT THE ROOT



# BODIES NEED:



## ACTIVATE

### GUT

- Water
- Fiber
- Enzymes
- Probiotics



## BUILD

### NURTURE

- Vitamins
- Minerals
- EFA's
- Antioxidants
- Amino Acids



## CLEANSE

### DETOXIFICATION

- Primary chimneys
  - Intestinal
  - Urinary
- Secondary chimneys
  - Skin
  - Respiratory
- Internal chimneys
  - Liver
  - Cells
  - Lymphatic

### TARGETED SOLUTIONS

### RESTORE & RENEW

#### Targeted support:

- Cells
- Tissues
- Organs
- Systems



Now let's talk about supplements—because they're not all the same.

Many supplements on the market are made with isolated or synthetic forms of nutrients, and quality can vary widely between brands. Supplements are not closely monitored, and products often include fillers, lower-quality ingredients, and small amounts of the actual substance listed on the label.

In fact, “fairy dusting” is a term often used to describe products that contain minimal amounts of active ingredients—just enough to list them on the label, but not enough to make a real impact.

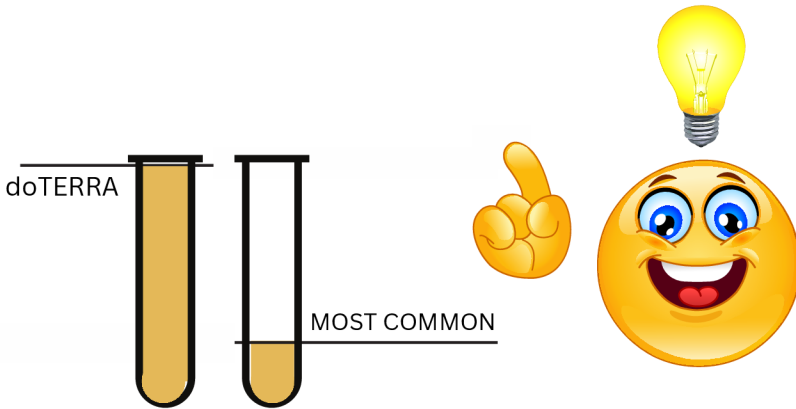
This inconsistency is one reason supplements have developed a mixed reputation and why some professionals question their effectiveness.

High-quality supplements, on the other hand, are formulated with bioavailable ingredients and dosages designed to effectively support the body. When your body isn't used to full therapeutic levels of support—especially if it's been depleted—it explains why you might notice strong responses at first.

doTERRA supplements contain FULL THERAPEUTIC AMOUNTS of nutrients claimed on the label. They are backed by extensive testing for purity, potency, and label accuracy. They are formulated with intentional ingredient levels and high-quality sourcing—so what you're actually getting is precisely what's on the label.

This level of transparency and formulation is unique across the supplement industry—I'm not making outlandish claims when I say there's no other company like doTERRA.





Now let's talk about terrain and why bodies respond differently. The body's terrain refers to the internal environment of your body—things like nutrient levels, inflammation, gut health, and toxicity—that determines how well your cells function and how resilient you are to illness. This greatly influences how you respond to dietary changes and nutritional support.

If you're already active and eating a relatively healthy diet, you may notice more subtle improvements.

But if you're coming from a diet high in processed foods and a more sedentary lifestyle, you may experience more profound shifts as your body adjusts. If that's you, don't worry, it's temporary, and the results will be worth it!



# Pick your Lifestyle:

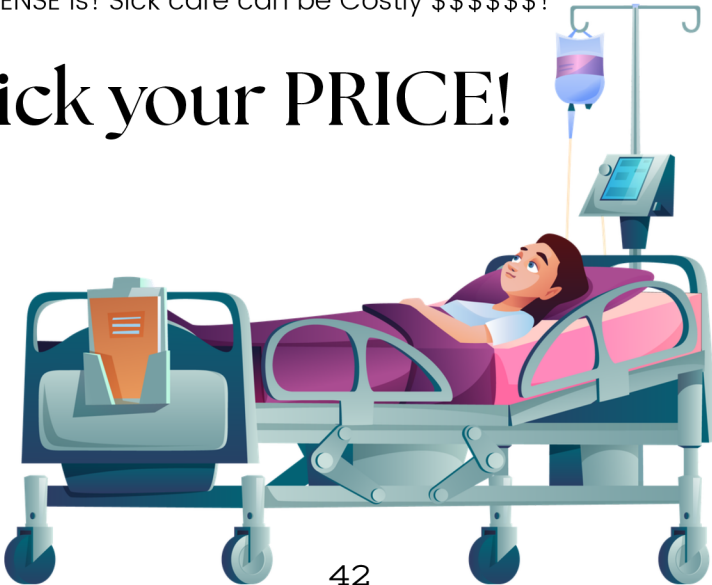
It's time to decide how much you value the QUALITY OF LIFE. Because, like it or not, you've got two choices:

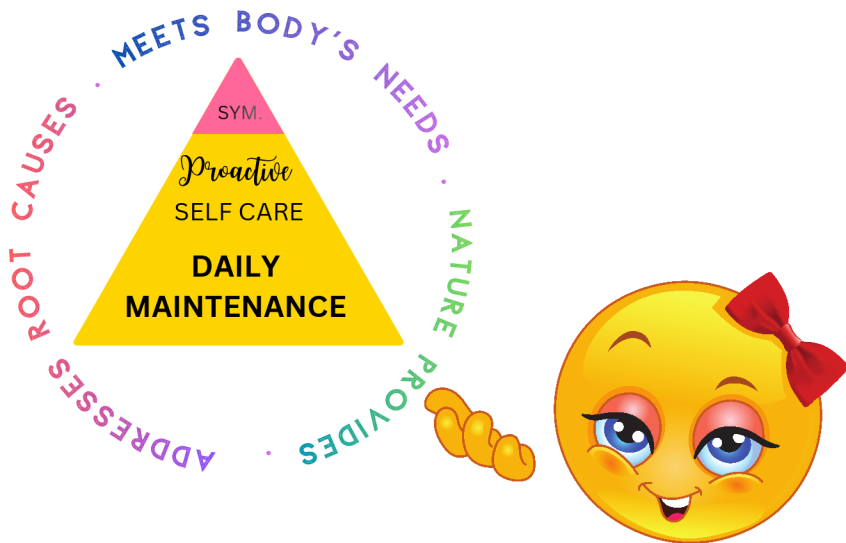
You can maintain preventive wellness and pay a relatively small amount for self-care now ...



Or you can ignore your body's needs and pay for sick care later. Trust me, I've been there, and this is where the Real EXPENSE is! Sick care can be Costly \$\$\$\$\$\$!

## Pick your PRICE!





Your truth bomb is that healthcare comes with a cost, and you're going to have to pay for it, one way or another. I've experienced it both ways, and it costs far more to try to fix a problem after it's taken hold than it does to prevent it in the first place.

Remember:

Symptoms are your body's way of signaling that something is out of balance. A disease (dis-ease) diagnosis is a sign that the body is not at ease.

If you want to truly improve your health, you're going to have to look beyond symptom management and start addressing the underlying causes.

Taking preventative steps to support your body costs a lot less in the long run—and it's A LOT more pleasant than trying to function in a body that's constantly struggling.



# Homeostasis

Homeostasis is your body's built-in balancing system. It's constantly working behind the scenes to keep everything stable—your temperature, blood sugar, hormones, fluids, and internal chemistry—no matter what's going on around you.

Your body is always adjusting and compensating as it continually attempts to restore balance. This is important to understand, because healing doesn't happen in chaos—it happens in balance.

When your system is pushed too far for too long—by poor diet, stress, lack of sleep, toxins, or overload—it has to work overtime just to keep things functioning. Over time, that constant strain can throw your internal balance off, and symptoms start to show up.

Symptoms are often a sign that your body is struggling to maintain homeostasis.

Real healing begins when you stop working against your body and start supporting it. When you give it the right inputs—proper nutrition, rest, movement, and reduced stress—you create the conditions it needs to restore balance.

And when balance is restored, the body can finally shift out of survival mode and into repair.

That's why homeostasis is essential—it's the foundation your body depends on to heal, regulate, and function the way it was designed to.



Now that you understand the basics and why they matter, it's time to learn how to bring your body back into homeostasis through upgraded habits—and a 90-day TERRAIN RESET.

The process of restoring and maintaining balance is straightforward:

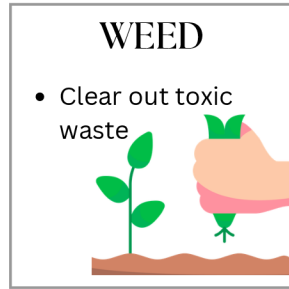
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- FIRST STEP IS TO PREPARE THE TERRAIN



2

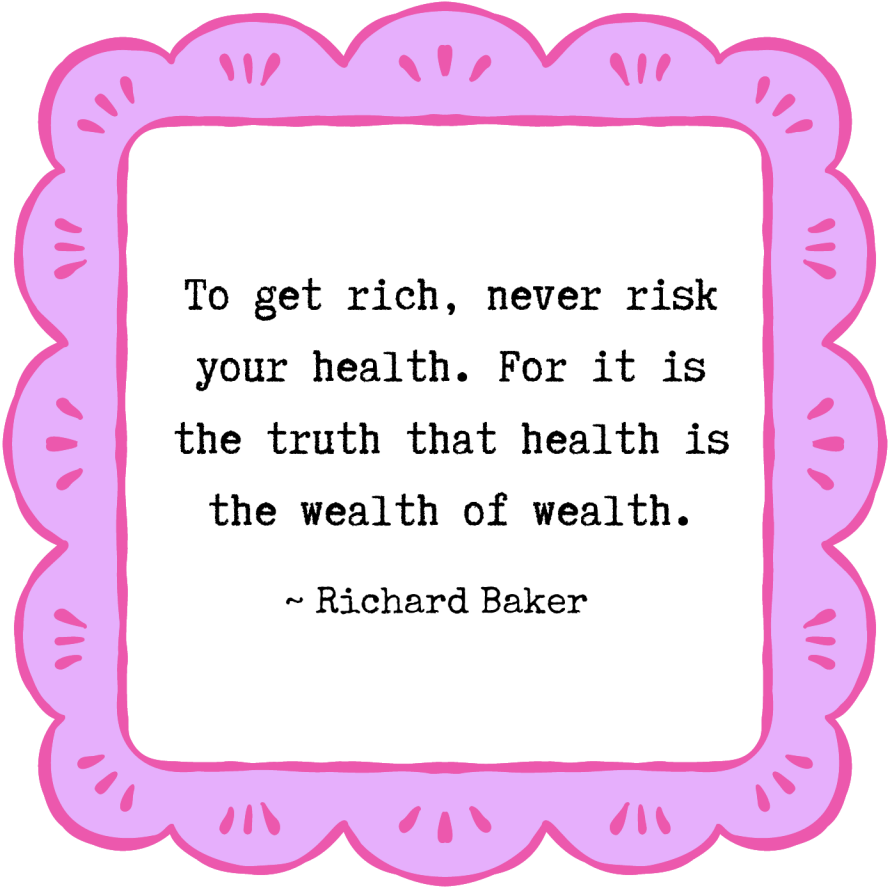
- SECOND STEP IS TO CLEAR OUT THE DEBRIE



3

- THIRD STEP IS TO GIVE THE BODY NUTRIENTS IT NEEDS





To get rich, never risk  
your health. For it is  
the truth that health is  
the wealth of wealth.

~ Richard Baker



I'm here to provide practical, effective, and sensible tools that actually make a difference and that's why I'm recommending doTERRA.

I've tried a lot of different products over the years and I've settled on doTERRA because doTERRA is a stickler about uncompromising quality and purity. Here's what makes them so special:

doTERRA uses CPTG Certified Pure Tested Grade® standards, meaning every batch of essential oils and supplements is rigorously tested for purity, potency, and safety.

They go beyond organic standards—testing for more than 100 different contaminants like pesticides, heavy metals, microbes, and synthetic additives.

With doTERRA, you're getting pure plant material with no fillers, no artificial ingredients, and no harmful chemicals.

doTERRA sources plants from over 40 countries, often partnering with local farmers in underdeveloped areas. Their Co-Impact Sourcing® model ensures fair wages, ethical labor practices, and sustainable farming, which improves communities and protects the environment.

doTERRA has Full transparency: they provide batch-specific testing results through their Source to You® platform, so you can verify exactly what's in each and every bottle.



In supplements, absorption refers to how well nutrients enter your bloodstream after you take them, while bioavailability refers to how much of those nutrients your body can actually use.

doTERRA uses natural, bioavailable forms of vitamins and minerals (such as methylated B vitamins instead of synthetic versions).

They pair ingredients with natural cofactors and essential oils, which can enhance absorption at the cellular level. They also focus on delivery systems the body recognizes and uses easily—like enteric coatings for sensitive nutrients and lipid-based delivery for fat-soluble vitamins.

doTERRA was founded with a mission to change the world one drop, one person, and one community at a time. Millions of users—including healthcare professionals—use doTERRA oils and supplements daily.

Their reputation is built on word-of-mouth results, integrity, and a strong focus on real wellness outcomes, not just sales. There are people who trash the company, but I've been around since the beginning, and I've seen and experienced enough to know that talk is cheap, and the haters don't have a solid leg to stand on.

doTERRA doesn't just bottle oils—they innovate with blends and supplements designed for specific health needs, combining essential oils with vitamins, minerals, herbs, and probiotics for synergistic results you won't find elsewhere.

doTERRA's oils aren't just for scent—they do smell fabulous, but they're so much more than aromatherapy.



doTERRA's oils are pure, and their blends are formulated to promote emotional balance, physical vitality, and cellular health. doTERRA's supplements, like VMG+®, EO Mega+®, and PB Restore® target foundational health at the cellular level with clinically backed ingredients, offering benefits like reduced inflammation, improved energy, and longevity support.

There's nothing else like doTERRA—they stand alone in setting a totally transparent gold standard, and there's not another program that can get you the results of the 90-Day Reset—this supported wellness program is designed to cleanse, reset, and restore your body and create habits and lasting wellness that will sustain you from the inside out!

After eighteen years of solid experience, I can't imagine my life without doTERRA essential oils and wellness products. They've blessed me exponentially, and my body is so happy about it!



In a nutshell, here's what the 90-Day Reset is all about:

- Clean the bad stuff out - stop putting it in.
- Put more good stuff in - give your body what it needs.
- doTERRA products are your helper - they will give you targeted support!



Now let's talk about the money commitment. More good news is that doTERRA has bundled the products to make them more cost-effective and easier to purchase.

MONTH 1  
\$204.00 bundle (Retail: \$336.66)  
You Save \$48.50

MONTH 2  
\$275.00  
You Save \$258.84

MONTH 3  
\$285.50  
You Save \$262.34

A yellow circular callout with a pink scalloped border. Inside, it lists the total cost and total savings. A pink arrow points from the bottom of the callout towards the bottom right of the page.

**TOTAL COST**  
**\$790.50**  
**TOTAL SAVINGS:**  
**\$674.35**



And then, there's Loyalty Rewards, which makes it possible to earn free product points, in addition to your 25 percent discount.

Loyalty Rewards Points (LRP) benefits mean you get a percentage back in product points.

This means FREE PRODUCTS



- To maintain your LRP status, you need to order at least 1 PV a month
- If you miss a month, your points will drop back to 0
- LRP can only be earned on orders over 50 PV
- The order date needs to be between the 1st and the 28th
- There will be a \$3.00 charge every time you redeem points
- Get \$3.99 shipping on orders between 50-99 PV orders
- Get FREE shipping on orders 100PV and over

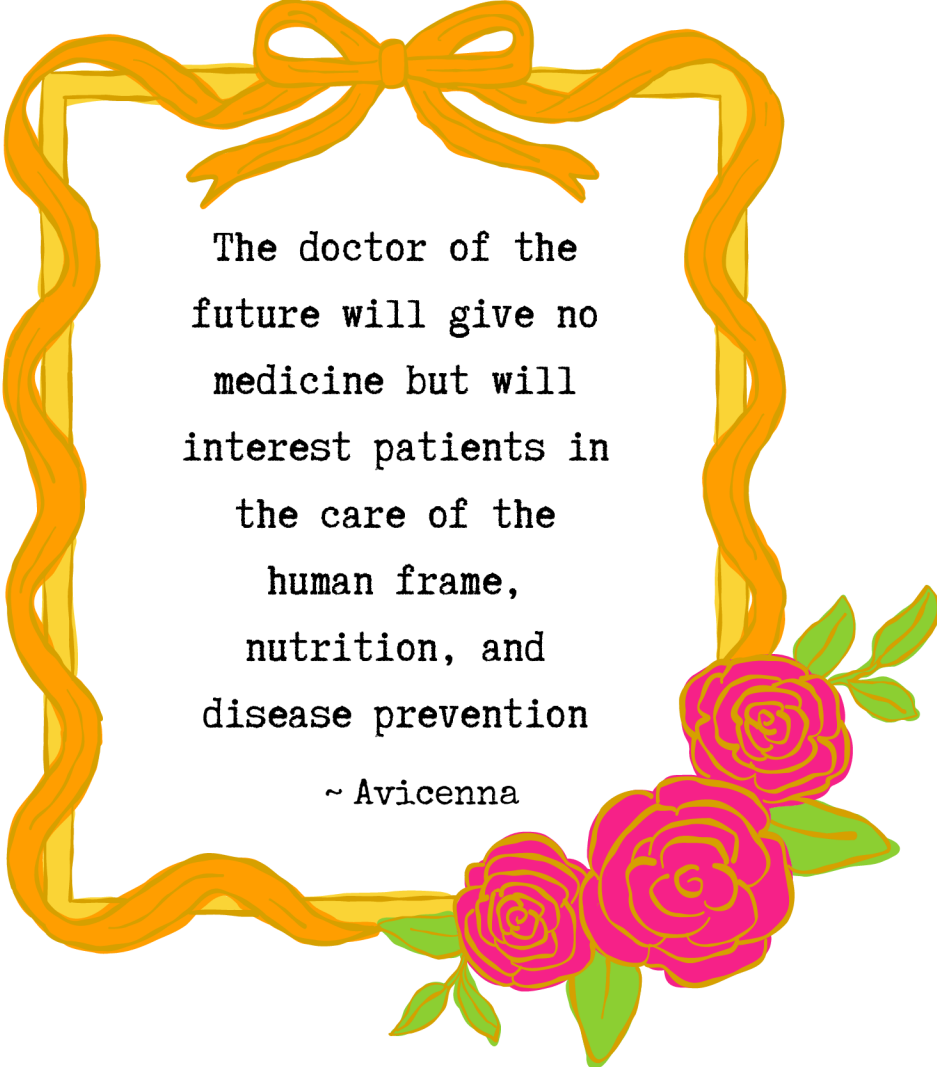
# Win-Win

I'm someone who tends to buy into things that sound good—I'm willing to give them a chance, but then I'll walk away if I don't see the results I'm looking for. Honestly, that's exactly what I expected to do when I signed up for doTERRA—it was not my first rodeo—I'd been disappointed many times before.

But here I am, 18 years later, more committed than ever. I'm still using the products every day and purchasing them month after month because I can't imagine my life without them. I use doTERRA essential oils and wellness products because they're genuinely good—I never feel like I'm settling—and they consistently deliver results unlike anything I've tried before.

I've found a company I trust and products that keep me coming back for more, and that's why I'm a very loyal fan.





The doctor of the  
future will give no  
medicine but will  
interest patients in  
the care of the  
human frame,  
nutrition, and  
disease prevention

~ Avicenna

# THE RESET



This chapter will break down the steps to rebooting and resetting your health!





## Month 1 . PREPARE

The first 30 days is when we energize organ and cell performance. You have to nourish & build the body before you can properly cleanse it.

It's time to fuel the body with targeted supplements:



VMG+, EO Mega, PB Restore, Meta PWR, Zendocrine, and Peppermint essential oil.

This is the Month 1 bundle—let's break down what each of these supplements do.

# VMG+®

VMG+ is an all-in-one, whole-food nutrient complex designed to fill nutritional gaps and support your body's foundational health.

It delivers a broad spectrum of vitamins, minerals, greens, probiotics, enzymes, and essential oils to support energy, digestion, immune function, and overall system balance.

What makes it stand out is its focus on absorption—using delivery systems and ingredients that help your body actually take in and use the nutrients effectively.

In simple terms, VMG+ gives your body the raw materials it needs to function, repair, and maintain balance on a daily basis.

- Vitamins
- Minerals
- Essential Fatty Acids
- Antioxidants
- Amino Acids





## What its NOT

- NOT Synthetic (common in supplements that look and sound the same)
- NOT flushing \$\$\$\$ down the toilet
- NOT starchy fillers, bacteria, lead, pesticides (commonly found in vitamin supplements)
- NOT fairy dusting & skimping on quality ingredients

## What IT IS

- VMG+® provides 92 powerful ingredients—including metholaide, fermented, and liposomal nutrients—that dramatically enhance absorption.
- This means it's 540% more bioavailable than anything else on the market, ensuring that your body gets maximum benefits from every dose. This is UNPARALLELED!



# EO MEGA+®

EO Mega+ is an omega complex designed to supply your body with essential fatty acids it can't produce on its own.

It delivers a concentrated dose of omega-3s (EPA and DHA) from fish oil to support heart health, brain function, and overall cellular health, along with Wild Orange essential oil for added benefits.

In simple terms, EO Mega+ helps nourish your body at the cellular level and supports key systems that rely on healthy fats to function properly.

These are Omegas the way nature intended!



# What its NOT

- NOT Synthetic (very common)
- NOT flushing \$ down the toilet
- NOT starchy fillers, bacteria, lead, pesticides (commonly found in vitamin supplements)
- NOT fairy dusting & skimping on quality ingredients

# What IT IS

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Fish oil is the best source of healthy omega-3s, but many brands are inferior. Of the TOP 16 fish oil supplements, 82% do not comply with their own label claims for EPA and DHA ratios.

EPA & DHA omega-3 fatty acids are the MOST missing nutrient in a Western diet. Studies show that 95% don't get enough, which is why it renders such powerful effects when consumed!

Signs of Omega-3 deficiency include:

- Slow metabolism
- Belly fat
- Mood swings
- PMS
- Depression
- Anxiety
- Fatigue
- Breast pain
- Infertility
- Dry, scaly skin
- Brittle nails
- Hair loss
- Achy, stiff joints
- Brain fog
- Poor memory
- Lack of focus
- Behavioral issues
- Difficulty paying attention
- Poor sleep
- Night terrors
- Frequent infections
- Poor wound healing
- Excessive thirst
- Cardiovascular issues
- Inflammatory issues



- E0 Mega+ delivers 900 mg of the highest-quality Omega-3s—three times the potency of the average omega supplement!
- E0 Mega+ ®Plus can lower blood pressure by 6 points in just six weeks, significantly reducing the workload on the heart and arteries. This is a big deal because 6-point drop in blood pressure has been shown to lower the risk of heart attacks, strokes, and other serious cardiovascular issues.
- E0 Mega+® can lower resting heart rate by 4 beats per minute, which over time, is profound. That's 6,000 fewer heartbeats per day, 2 million fewer per year, and an incredible 164 million fewer heartbeats over a lifetime. This means less strain, less wear and tear, and a longer-lasting, healthier heart.
- Omega-3s are essential for reducing inflammation, improving focus, and protecting mental health.

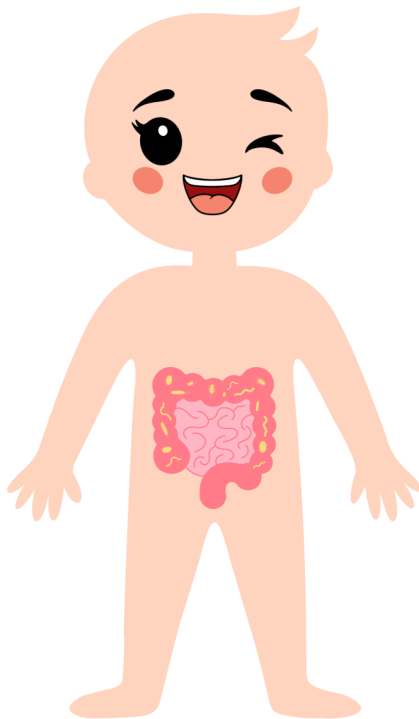


# Gut Support

Your digestive system does more than just break down food—it plays a major role in your immune health.

About 70% of your immune system lives in your gut, where a balanced digestive tract helps protect against harmful pathogens, supports nutrient absorption, and keeps inflammation in check.

When your gut is healthy and thriving with good bacteria, your whole body is better equipped to fight off illness and stay strong. This is why the next product matters!



# PB RESTORE™

PB Restore® is an all-in-one gut health solution designed to support your entire body from the inside out.

What sets PB Restore® apart is its natural helpers—bacteriophages. These powerful microbes act as nature’s original antibiotics, found in soil, water, and even the human gut, where they help maintain a balanced microbiome.

By targeting harmful bacteria, they create an optimal environment for beneficial bacteria to thrive—something most gut health products don’t include. Having all four of these essential elements in one product is truly groundbreaking.

In simple terms, PB Restore® helps clear out what doesn’t belong and supports the growth of what does—creating a healthier, more balanced gut, which is the foundation for overall wellness.



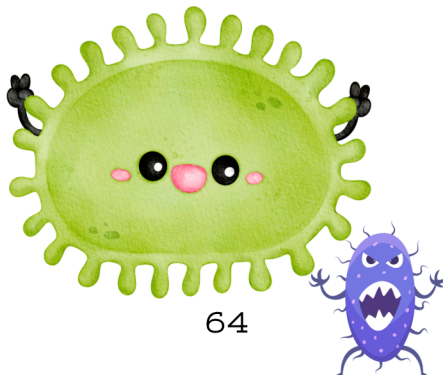
PB Restore:

- 
- has 22 strains of probiotics and 24 species
- 18 billion CFUs of active probiotic cultures, prebiotic fiber, and probiotic phages
- Supports the health of the GI tract, particularly the upper and lower intestines, for healthy digestion, nutrient absorption, and metabolism
- Restores intestinal-friendly flora compromised by digestive stressors and promotes colonization

PB Restore provides digestive comfort and helps maintain healthy immune function.

Bacteria in the gut play a vital role in digestion, immune function, and overall health, with good bacteria supporting balance, nutrient absorption, and protection against harmful pathogens, while bad bacteria can cause inflammation, imbalance, and digestive issues when they overgrow.

Probiotics help control harmful bacteria by crowding them out, competing for space and nutrients, producing natural acids and antimicrobial substances, and strengthening the gut lining and immune response to keep bad bacteria in check.





**THE GOOD  
GUYS  
OVERPOWER  
THE  
BAD GUYS!**

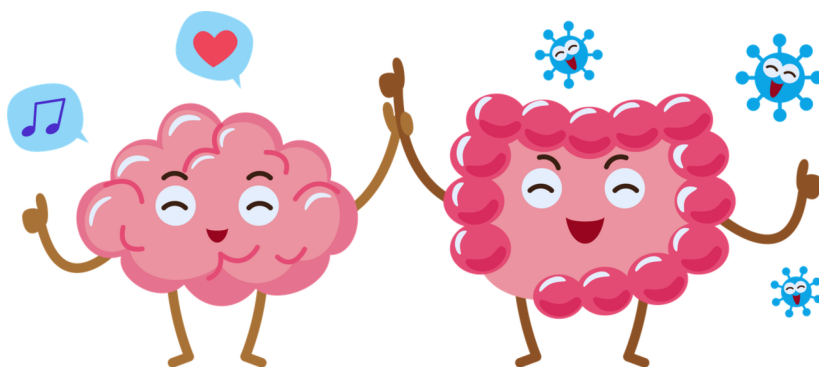


Your gut plays a much bigger role than just digestion—it's the control center for your immunity, focus, and mental health. In fact, 90% of serotonin—the feel-good hormone—is produced in your gut.

90% of your immune system resides in your gut, making the connection between your gut and brain critical to your overall well-being.

When your gut is out of balance, it can contribute to feelings of despair, anxious thoughts, and low energy. PB Restore® helps create the ideal balance your body needs by supporting the vital connection between your gut, brain, and overall mental well-being.

Unlike standard probiotics, PB Restore includes a 3-in-1 blend of prebiotics, probiotics, and postbiotics, along with bacteriophages to help eliminate unwanted microbes and create an optimal environment for beneficial bacteria.



# MITO 2 MAX®

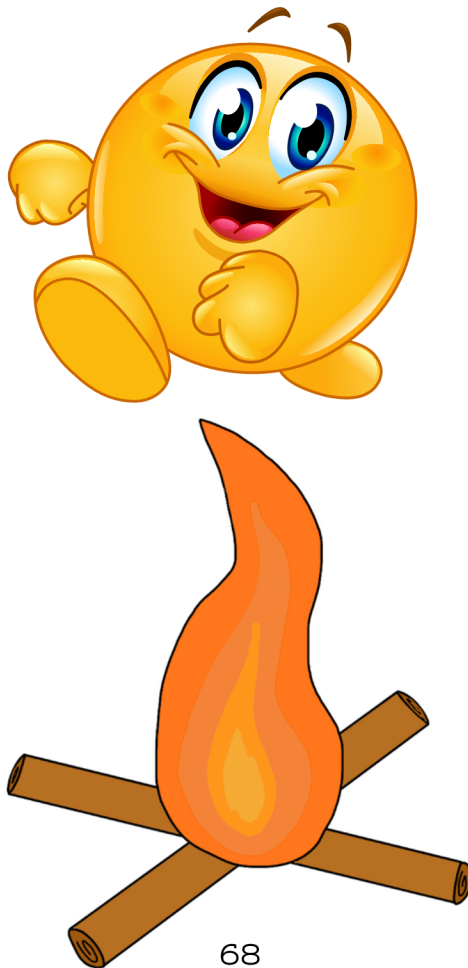
Mito2Max supports cellular energy and helps maintain overall performance by fueling how your body produces and uses energy at the cellular level.

In short, it helps your body make energy more efficiently and supports stamina and performance.

- Energy and stamina complex
- Proprietary formula of plant extracts
- Supports cellular function and vitality
- Supports 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 energy
- Supports mental energy



- Mito2Max® optimizes cellular function, enhances endurance, and sustains energy levels for a healthier, more vibrant life.
- It fuels mitochondria to produce more energy and even helps your body create new mitochondria—the energy engines inside your cells. More mitochondria means more energy, stamina, and vitality!



# REVITAZEN+™ COMPLEX

RevitaZen+ Complex RevitaZen+ is an advanced supplement complex designed to support the body's natural detoxification process by helping the liver, kidneys, and colon function at their best. It delivers clinically studied botanicals like black cumin, milk thistle, and artichoke, along with the RevitaZen™ Detoxification Blend and cumin essential oil, to support organ health and help the body manage internal and environmental stressors.

In short, it supports daily detox and helps your body do what it was naturally designed to do—without the harsh effects of typical cleanses.

## THIS SUPPLEMENT TAKES OUT THE TRASH



RevitaZen+ supports the body's key detox organs—like the liver, kidneys, and colon—which you can think of as the body's filtration system. When these systems aren't functioning optimally, it can create a kind of internal backup that makes it harder for the body to process and eliminate unwanted compounds.

The ingredients in RevitaZen+ are designed to support these detox pathways:

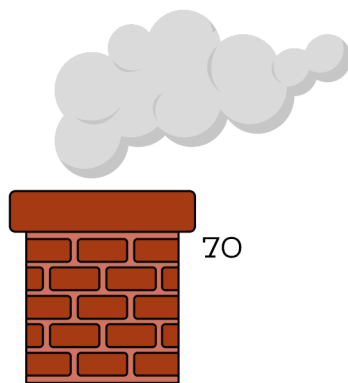
**LIVER:** Milk thistle, artichoke, and black cumin help support healthy liver function and the body's natural detox processes.

**KIDNEYS:** Black cumin and supporting compounds in the RevitaZen™ Detoxification Blend help maintain proper kidney function and fluid balance.

**COLON:** Artichoke and complementary botanicals help support digestion and healthy elimination.

**LUNGS:** While not directly targeted, supporting the body's overall detox pathways helps maintain balance across all elimination systems, including the lungs.

All of this comes in a dual-chamber capsule with added cumin essential oil and the RevitaZen™ Detoxification Blend, working together to support organ function and help the body manage internal and environmental stressors—without the harsh effects of typical cleanses.



ZO



# PEPPERMINT

Peppermint essential oil provides a cooling, refreshing effect and supports digestive comfort and clear breathing. It's commonly used to soothe occasional stomach discomfort, promote focus, and create an invigorating, uplifting sensation.

In short, it cools, refreshes, and supports digestion and clarity.

- Just one drop of doTERRA Peppermint essential oil can sharpen your mind, improve concentration, and boost alertness, helping you function at your highest level. It's like a wake-up call in a bottle, instantly refreshing and energizing your body and mind.
- One drop of doTERRA Peppermint is equivalent to 28 cups of peppermint tea—now that's potency!





## Month 2 . CLEANSE

The second 60 days are when we motivate the detoxification & elimination process.

Your body is ready to cleanse toxic waste and we're going to support the body with targeted supplements:



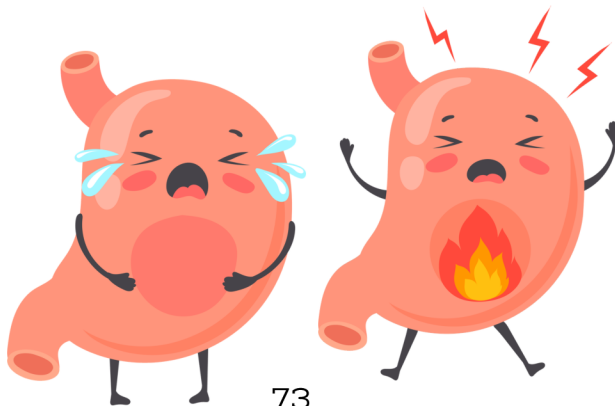
VMG+, EO Mega, PB Restore, Meta PWR, RevitaZen+ Advanced Organ Detoxification Complex, RevitaZen Detoxification Blend, TerraZyme, GX Assist, DDR Prime, and Lemon

This is the Month 2 bundle—let's break down what each of these additional supplements do.

# TERRAZYME®

This is a plant-based digestive enzyme complex that supports nutrient absorption, promotes optimal digestion, and reduces bloating. It enhances gut function, helping to break down food efficiently for improved energy and overall well-being.

- TerraZyme is a powerful digestive support supplement that helps reduce discomfort, optimize digestion, and maintain a healthy gut—an essential part of a balanced wellness routine.
- If you experience acid reflux or GERD, you may have been told it's caused by excess stomach acid, but in reality, the opposite is often true.
- Low stomach acid leads to poor digestion, causing food to ferment, create gas, and push stomach contents upward—leading to heartburn and discomfort.
- The so-called "cures" for acid reflux, like antacids and acid blockers, only make the problem worse by further reducing stomach acid and impairing digestion.



When your digestive enzyme levels fall short:

- You feel excessively full, bloated, or tired after eating.
- You struggle to feel satiated or crave food even when you're not hungry.
- Your digestion is too slow (constipation) or too fast (diarrhea).

By enhancing metabolic function and working with your body's natural digestive process, TerraZyme® helps you feel lighter, more energized, and free from discomfort!



# REVITAZEN™ DETOXIFICATION BLEND

RevitaZen Detoxification Blend is formulated to support the body's natural cleansing processes and overall well-being. It's designed to help the liver, kidneys, and colon function efficiently, support the body's ability to process and eliminate unwanted compounds, and promote a sense of internal balance.

In short, it supports your body's natural detox and helps maintain overall balance.

- RevitaZen Detoxification Blend features a combination of targeted botanicals and supportive compounds—including black cumin, milk thistle, artichoke, and cumin essential oil—each selected to help support healthy organ function and the body's natural detox pathways.



RevitaZen essential oil is a powerful blend designed to support the body's natural detoxification systems.

- Promotes internal cleansing, supports the endocrine and lymphatic systems, and helps the body return to balance. It's like a gentle reset button—physically and emotionally.
- Especially helpful during times of overload, whether from stress, poor diet, environmental toxins, or emotional buildup.



**YOUR BODY NEEDS YOU  
TO TAKE OUT THE TRASH**



# GX ASSIST®

GX Assist is a blend of essential oils designed to support a healthy digestive environment. It helps maintain balance in the gut by supporting the body's natural ability to deal with occasional digestive disturbances and promoting overall digestive comfort.

In short, it supports digestive balance and gut health.

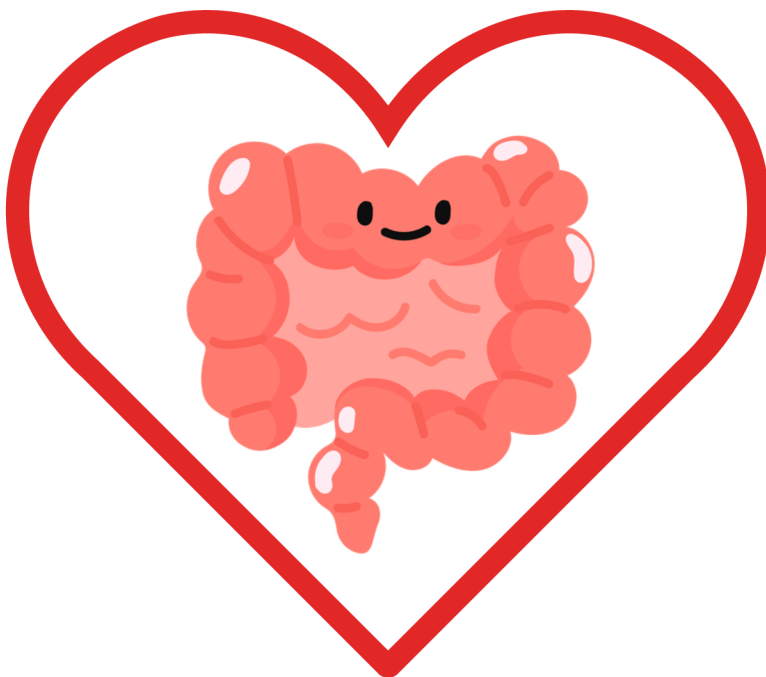
- GX Assist® blends CPTG® essential oils—Oregano, Tea Tree, Lemon, Lemongrass, Peppermint, and Thyme—with caprylic acid to support a healthy digestive tract and microbial balance. Since digestion impacts every bodily function, maintaining a healthy gut is key to overall wellness.
- Creates an unfriendly environment for harmful invaders that disrupt digestive immunity and cause digestive discomfort.



You've probably noticed there's been a lot of focus on gut health. That's because if you want to boost immunity and mental health, you start with the gut! Gut bacteria produce hundreds of neurochemicals that the brain uses to regulate processes such as learning, memory, and mood. In fact, about 95% of the body's serotonin—the “feel-good” neurotransmitter that influences mood and digestive function—is manufactured in the gut.

Additionally, serotonin is a precursor to melatonin, the primary hormone responsible for sleep and relaxation.

This means a healthy gut microbiome not only supports emotional well-being but also promotes better sleep cycles and stress management.



# LEMON

Lemon essential oil is a bright, citrus oil commonly used for its refreshing and cleansing properties. It's often used to support a clean, uplifting environment, promote a positive mood, and support healthy digestion when used internally or aromatically.

In short, it's a refreshing oil that supports cleansing, mood, and digestion.

- Powerful internal cleansing benefits that support overall health and vitality.
- Helps flush toxins from the body, supports healthy liver and kidney function, and promotes gentle detoxification through the digestive and lymphatic systems. Its natural compounds—like limonene—assist in breaking down waste and encouraging elimination, helping your body maintain balance and function more efficiently.
- Regular internal use (properly diluted and in moderation) can support clearer skin, better digestion, improved energy, and a stronger immune response. It's a simple, natural way to help your body reset and renew from the inside out.



## If you need more support:

If you feel like you could use a little support, you might benefit from adding Copaiba and Fiber. In addition, make sure to drink plenty of water and eat high-fiber fruits and vegetables.

## COPAIBA SOFTGEL

Copaiba essential oil is a powerful ally during a 90-day reset because of its deeply supportive effects on the body and nervous system. Known for its ability to calm the mind, reduce inflammation, and support the endocannabinoid system, copaiba helps the body find balance during times of change and detox. It soothes the nervous system, making it especially beneficial for managing stress, anxiety, and emotional release that often surface during intentional resets.

Physically, copaiba supports the immune system, promotes healthy digestion, and enhances the body's natural response to inflammation—making it ideal for reducing discomfort as your body clears toxins and adjusts to healthier patterns. It's like a grounding anchor during the reset, helping your body and mind stay calm, clear, and supported from the inside out.



# FIBER

doTERRA Fiber is a dietary fiber supplement that supports healthy digestion by promoting regularity and helping maintain a balanced gut environment. It helps support digestive comfort and overall gut health.

In short, it's a fiber supplement that helps keep digestion regular and supports gut balance.

- doTERRA Fiber helps keep your digestion regular, supports gut health, and feeds the beneficial bacteria in your microbiome—all of which are essential for long-term wellness.
- With a balanced blend of soluble and insoluble fiber, it promotes healthy elimination, stabilizes blood sugar levels, and helps you feel fuller longer, which can support healthy weight maintenance.



Adding doTERRA Fiber to your daily routine helps you stay on track, feel your best, and continue supporting your body from the inside out.

doTERRA Fiber is an excellent way to maintain and support your health after completing a 90-day reset. It helps keep your digestion regular, supports gut health, and feeds the beneficial bacteria in your microbiome—all of which are essential for long-term wellness.

With a balanced blend of soluble and insoluble fiber, it promotes healthy elimination, supports stable blood sugar levels, and helps you feel fuller longer, which can support healthy weight maintenance.

doTERRA Fiber every day is a no-brainer. Here are the specific ingredients in doTERRA Fiber and what actually makes them “special,” in plain, clear terms:

Main fiber sources:

- Apple fiber (*Malus domestica*)
  - A whole-food fiber source that provides both soluble and insoluble fiber. It helps add bulk for regularity and supports digestion in a gentle, natural way.
- Tapioca fiber (soluble fiber source)
  - A plant-based fiber that dissolves in water and helps support gut movement and digestive balance.
- Flaxseed (*Linum usitatissimum*)
  - Provides fiber + natural plant-based omega fats, which support digestion and overall gut function.



- Prebiotic fiber blend (this is a key feature)
  - These are “special” because they don’t just add fiber—they feed your good gut bacteria:
- Inulin (from chicory root / Jerusalem artichoke)
  - A classic prebiotic that feeds beneficial gut bacteria and supports a healthy microbiome.
- Isomaltooligosaccharides (IMO)
  - A prebiotic fiber that helps promote growth of good bacteria and supports digestive balance.
- Xylooligosaccharides (XOS)
  - A newer, more targeted prebiotic that is especially effective at feeding beneficial gut strains.

What makes this blend stand out is that it supports different types of gut bacteria at once, not just one.

#### Other key ingredients

- Vitamin C (ascorbic acid)
- Adds antioxidant support and contributes to immune health.
- Guar gum
- A natural thickening fiber that helps support bowel regularity and stool consistency.
- Lemon essential oil (CPTG)
- Added for flavor, but also used for its refreshing, cleansing citrus profile.

doTERRA Fiber is a blend of whole-food fibers (apple, flax, tapioca) plus a multi-type prebiotic mix that feeds good gut bacteria, along with vitamin C and lemon essential oil for added support and flavor.





## Month 3 . RENEW

The second 60 days are when we replenish body cells, organs, tissues, & systems.

Your body is prepared for rebuilding.



VMG+, EO Mega, PB Restore, DDR Prime, MetaPWR Advantage, and Tangerine

This is the Month 3 bundle—let's break down what the additional supplements do.

# TANGERINE

Tangerine essential oil is a sweet, citrus oil known for its uplifting and refreshing aroma. It's commonly used to support a positive mood, promote relaxation, and add a bright, cheerful scent to daily routines. It can also be used to support healthy digestion and overall wellness.

In short, it's a sweet citrus oil that uplifts mood, promotes relaxation, and supports digestion.

- Gentle yet powerful cleansing oil that supports the body's natural detoxification processes. It helps stimulate digestion, supports liver function, and encourages the release of toxins through the lymphatic system.
- Rich in the compound limonene, tangerine promotes the breakdown of fatty buildup and assists in flushing waste from the body.
- Supports cellular health and helps reduce oxidative stress.
- Has an uplifting, calming aroma that helps ease emotional tension—making it a great oil for both body and mind when you're looking to reset and renew.



# DDR PRIME®

DDR Prime Cellular Renewal Complex is a proprietary essential oil blend designed to support healthy cellular function and overall wellness. It's often used to help support the body's natural cellular processes and promote a sense of balance at the foundational level of health.

In short, it's a blend that supports cellular health and overall wellness.

- Supports healthy cell function, protects against oxidative stress, and promotes longevity.
- Packed with powerful antioxidants, it helps defend against free radicals, which contribute to aging and disease.
- Taking small, consistent actions now can enhance cellular repair, build resilience, and support long-term health and vitality.



- Free radicals damage healthy cells by stealing electrons, leading to inflammation, aging, disease, and even cancer. Antioxidants neutralize free radicals by donating electrons, helping to stabilize, repair, and protect cells, ultimately supporting longevity and overall health.

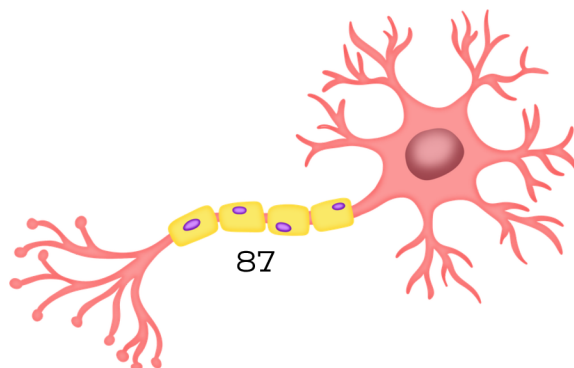
DDR Prime® PMS Properties:

- Phenylpropanoids – Cleanse cell receptor sites for better communication.
- Sesquiterpenes – Erase incorrect information in cellular memory.
- Monoterpenes – Restore God's original blueprint in DNA.

DDR Prime® protects, restores, and supports cellular health at the deepest level.

- Keeps cells healthy and promotes cellular repair
- Balances hormones for overall wellness
- Supports thyroid function for energy and metabolism
- Strengthens the immune system to defend against illness

This antioxidant powerhouse contains: Clove, Thyme, Litsea, Wild Orange, Frankincense, Lemongrass, Summer Savory, and Niaouli—all known for their ability to neutralize free radicals and protect cells from oxidative damage.



# META PWR® ADVANTAGE

This is strong overall—clear structure and good flow. It just needs a few small tweaks for repetition, grammar, and smoother phrasing while keeping your words:

MetaPWR Advantage is a dietary supplement designed to support healthy metabolism and cellular energy production. It helps support the body's ability to convert food into energy, promotes metabolic efficiency, and supports overall energy and vitality.

In short, it supports metabolism and helps your body produce energy more efficiently.

MetaPWR Advantage is a game-changer during your 90-day reset because it supports your body on a cellular level—right where transformation begins. It's packed with collagen, NAD+ precursors, and metabolic-supporting ingredients that help improve cellular function, energy levels, and overall vitality.

- Helps you feel better, look better, and age smarter—making your 90-day reset more effective and sustainable.



During a reset, your body is working hard to release toxins, balance hormones, and rebuild healthier patterns—and MetaPWR Advantage gives it the tools to do just that.

- Supports healthy metabolism, skin, joints, and connective tissues while also promoting mitochondrial health, which means more natural energy and better recovery.
- Helps stabilize blood sugar levels, reduce oxidative stress, and slow biological aging—all of which are key when your goal is long-term wellness, not just short-term change



# If you need more support:

If you feel like you could use a little support, Copaiba, TerraZyme, Fiber, and MetaPWR Recharge can be helpful!



# META PWR® RECHARGE

MetaPWR Recharge is a dietary supplement designed to support healthy cellular energy and metabolic function, especially during rest and recovery. It's formulated to help replenish key compounds the body uses for energy production, support mitochondrial function, and promote overall vitality and recovery.

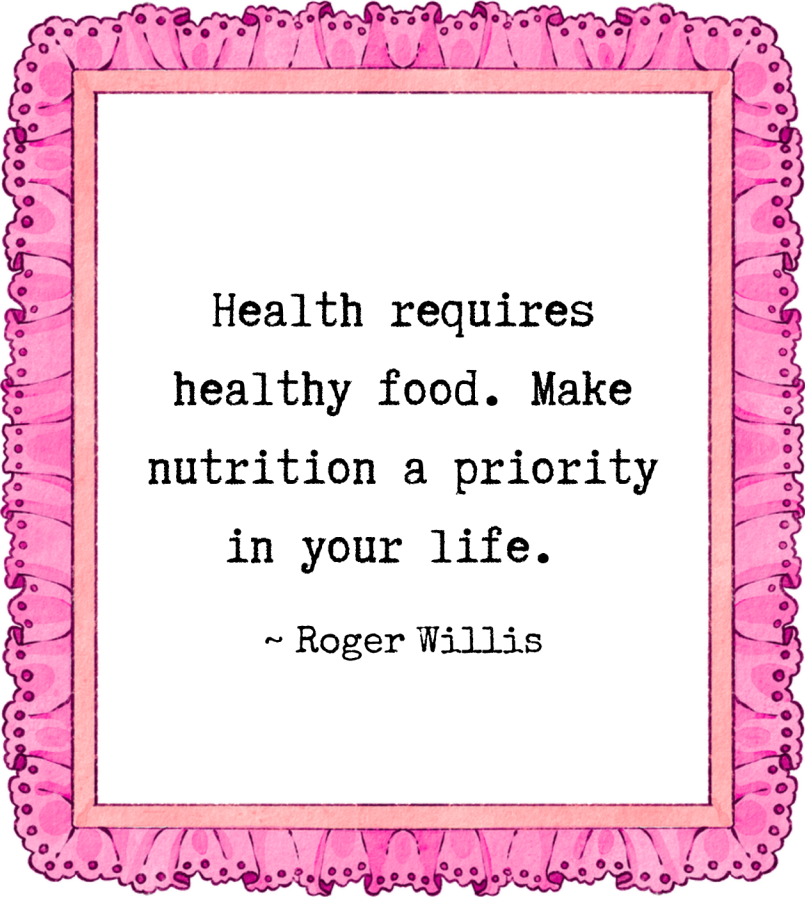
In short, it helps recharge your cells, support metabolism, and improve energy and recovery.

- Helps keep the momentum you've gained going by fueling your cells with what they need to stay balanced and resilient.
- Packed with B vitamins and minerals that support energy production, nervous system function, and recovery from stress—whether physical or emotional.



- Meta PWR Recharge is a powerful way to support your body after a 90-day reset by helping you maintain energy, hydration, and overall cellular health.
- Replenishes essential electrolytes, supports muscle recovery, and helps sustain physical and mental stamina—especially important as you transition from detox to maintenance.
- Helps you feel strong, steady, and supported so you don't just bounce back—you rise higher than before.





Health requires  
healthy food. Make  
nutrition a priority  
in your life.

~ Roger Willis

# CLEAN LIVING

After completing the 90-day reset, it's time to shift the focus to your total lifestyle, including the products you use on your skin and in your home.

Your body has worked hard to clear out toxins, restore balance, and create a healthier foundation—so it only makes sense to continue supporting that progress by switching to clean, natural products.

- Your skin is the largest organ in your body, and it absorbs everything it comes in contact with—good or bad.
- Many conventional products are loaded with harmful chemicals, synthetic fragrances, and endocrine disruptors that are quickly absorbed into your bloodstream and can undo the progress you've made during your reset.
- These toxins build up over time, stressing your liver, disrupting hormones, and contributing to chronic health issues.

Even when we try to protect ourselves, we're exposed to things that contain residues, fumes, and particles from common household and personal care products—they're so prevalent that they're everywhere.

That's why choosing hygiene and cleaning products made with cleaner, more thoughtful ingredients is important—it helps reduce that load.

*Remember*  
**THE BODY BANK!**



Every lifestyle choice is either a **DEPOSIT**



or a **WITHDRAWAL**



We're circling back to the body bank because doTERRA's products are formulated with pure, plant-based ingredients and therapeutic-grade essential oils that support your body, instead of burdening it. They nourish your skin, protect your health, and promote true wellness from the outside in.

It makes perfect sense to switch from commercial skin, hair, body-care, and cleaning products to doTERRA's toxin-free alternatives.

Making the switch to clean products is about avoiding toxins and choosing products that align with the healthy, intentional lifestyle you've worked hard to create.

When your nutrition, habits, and environment are all aligned and working together in your favor, your body doesn't have to fight as hard to stay balanced and energized.



# Stock your home with safe BODY, SKIN, HAIR, HOME care



**DAILY USE = LOTS OF DEPOSITS!**

This is  
WELLNESS MADE SIMPLE



You don't always get what you pay for—and the reverse is true as well—so price alone isn't a reliable indicator of quality. However, when hygiene products are extremely inexpensive, it often signals low-quality ingredients.

Most hygiene and cleaning products are made with low-cost chemicals that are linked to carcinogens and hormone disrupters. They smell pleasant and usually come in attractive, eye-catching packaging, but that doesn't mean they're safe.

It's a fact that life-disrupting and even fatal diseases are on the rise, and it makes sense that increased exposure is a contributing factor.

- The average person is exposed to over 100 chemicals daily through personal care and cleaning products.
- The American Cancer Society reports that about 1 in 3 people in the U.S. will develop cancer during their lifetime. (One in three—that is very alarming!!!)
- Studies have found that over 80% of tested personal care products contain at least one ingredient linked to potential health concerns.
- The Endocrine Society estimates that exposure to endocrine-disrupting chemicals contributes to billions of dollars in healthcare costs annually.

When you consider the total cost—including potential long-term health impacts and medical expenses—it just makes sense to switch to healthier alternatives.



# The Real Cost can be High!



**DAILY USE = LOTS OF WITHDRAWLS**

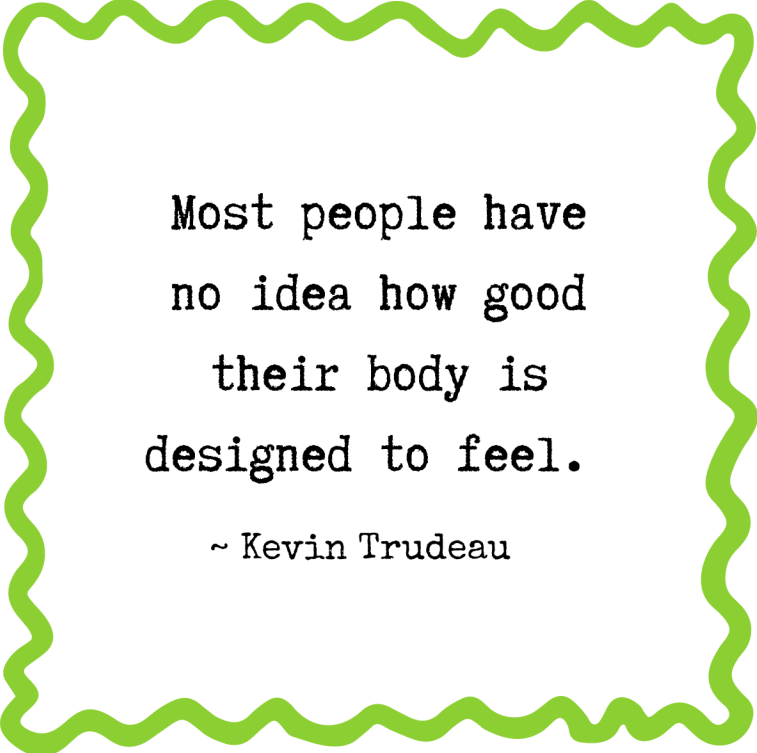


# Lifestyle Steps:



- Take doTERRA supplements
- Use clean hygiene and cleaning products (doTERRA makes it easy)
- Eat organic plant foods—clean foods
- Exercise & stay hydrated
- Get enough sleep
- Practice positivity
- Nourish & nurture your whole self
- Stay on a body, mind, spirit fit wellness path—stay consistent with your upgraded habits!





Most people have  
no idea how good  
their body is  
designed to feel.

~ Kevin Trudeau

# GARDEN GIFTS

Over thirty years ago, when I was super unhealthy and conventional medicine wasn't working, a friend suggested I try herbs. At first, I thought that was a joke. I liked herbs fine in the garden and could see their value in cooking, but when I was sick and needed something serious, I didn't believe that herbs (garden plants) could do anything for me. I thought the only serious medicine was medicine prescribed by my doctor. I had total faith in the medical system.

Then my doctor said, "Don't come back."

If that hadn't happened, I might not have been willing to try herbs. But it did, so I gave herbs a chance, and my eyes were opened! My perception was completely altered, and there was no going back.

I've been using natural plant-based options in the form of herbs and essential oils ever since, and the results are undeniable—I am so much healthier now.

Herbs and essential oils come from plants, but they differ in how they capture the plant's benefits.

Herbs are the whole or parts of the plant used in their natural, dried, or fresh form. Essential oils are highly concentrated aromatic compounds extracted from plants, capturing their aroma and many of their active plant constituents in a much more potent form.

Herbs come from different parts of plants—leaves, stems, roots, flowers, seeds, or bark. For example, peppermint leaves, ginger root, chamomile flowers, and cinnamon bark are all herbs used for centuries in food and wellness practices.

Herbs are typically dried or used fresh, and they retain a broad spectrum of plant compounds, including fiber, nutrients, and naturally occurring plant chemicals.

Essential oils are extracted from specific plant parts through methods like steam distillation or cold pressing. This process isolates the volatile aromatic compounds that give plants their distinctive scents and many of their concentrated properties.

For example, peppermint essential oil comes from peppermint leaves, lavender oil from lavender flowers, and lemon oil from the peel of citrus fruit.

The biggest difference between herbs and essential oils is their concentration and form.

- Herbs are whole-plant or plant-part based. They contain a wide range of compounds, including fiber and nutrients, and are generally gentler in use.
- Essential oils are highly concentrated extracts. It can take large amounts of plant material to produce a small bottle of oil, which is why they are used in very small quantities.



Herbs are often used in cooking, teas, and daily wellness routines, while essential oils are used aromatically, topically, or internally for more targeted support. Only doTERRA oils with nutrition labels on them are guaranteed safe to take internally.

Herbs have been used for thousands of years in traditional wellness systems around the world. Their benefits come from their natural combination of plant compounds working together.

Herbs and essential oils are plant medicines that can:

- Support digestion and gut health through soothing and balancing properties
- Provide antioxidants that help protect cells from oxidative stress
- Support immune function through naturally occurring plant compounds
- Promote overall wellness as part of daily nutrition and lifestyle habits
- Offer gentle, whole-body support due to their balanced nature

Because herbs are less concentrated than essential oils, they are often used in food, teas, or herbal preparations. Essential oils are much stronger, but doTERRA oils can also be used sparingly in recipes and teas.



The benefits of essential oils are often tied to their aromatic and chemical properties, and they are also powerful tools for targeted support.

- Aromatic support for mood and emotions through scent and limbic system interaction
- Respiratory and digestive support
- Cleansing and purifying properties in both personal care and home use
- Focus and clarity support depending on the oil's chemical profile
- Convenience and potency due to their concentrated nature

Because essential oils are so concentrated, they are typically applied topically in small amounts. They can be diluted with carrier oils (especially “hot” oils) and diffused into the air.

Herbs and essential oils are not opposites—they are complementary. Herbs provide broad, gentle, and nutrient-rich support, while essential oils offer concentrated, fast-acting aromatic and functional benefits. Together, they create a more complete approach to plant-based wellness.

For example, peppermint can be consumed as a tea (herb) for digestive comfort, or used as an essential oil for a more immediate aromatic or topical experience. Both come from the same plant, but each offers a different expression of its benefits.

|



One drop of peppermint essential oil is extremely concentrated—it can be roughly equivalent to the plant material found in multiple cups of peppermint tea.

A commonly cited estimate in aromatherapy education is:

- 1 drop of peppermint essential oil  $\approx$  several (often ~20–30+) cups of peppermint tea worth of plant concentration

Tea is an infusion: water extracts a mild range of compounds from dried leaves.

Essential oil is distilled: it captures the plant's volatile aromatic compounds in a highly concentrated form, leaving behind everything else (fiber, many water-soluble compounds, etc.).

So even though peppermint leaves and peppermint essential oil come from the same plant, they don't deliver the same full-spectrum profile

Herbs are the whole-plant foundation of natural wellness, offering gentle, nutrient-rich support. Essential oils are the concentrated essence of plants, delivering powerful aromatic and targeted benefits. Both come from the same natural source, but they work in different ways—and together, they create a well-rounded approach to supporting the body and mind.

Many great books delve into specific herbs and essential oils, and there's also a lot of good information online. I suggest taking time to familiarize yourself with their benefits.



The importance of quality comes down to one thing: purity and integrity of the plant itself. Because essential oils are highly concentrated extracts, even small differences in sourcing, distillation, or testing can significantly affect what's actually in the bottle.

High-quality essential oils come from plants that are properly grown in their indigenous regions, harvested at the right time, and carefully distilled without synthetic fillers, contaminants, or dilution. The goal is to preserve the natural chemical profile of the plant as closely as possible.

doTERRA oils go through multiple layers of testing—from sensory evaluation to advanced lab analysis—to verify their purity, detect contaminants, and ensure the oil's chemical profile matches what's found in nature. This process includes organoleptic testing, microbial screening, gas chromatography and mass spectrometry (GC/MS), FTIR analysis, chirality testing, and heavy metal and isotopic analysis to confirm both purity and authenticity.

This matters because the essential oil industry is not strictly regulated, and terms like “pure” or “therapeutic grade” are not universally standardized. That means quality can vary widely from one brand to another, making sourcing and testing standards especially important.

Nature's Sunshine is my go-to for herbal products because they also prioritize quality control, standardized herbal sourcing, and manufacturing practices designed to ensure identity, potency, and safety across their botanical products. The focus on quality sourcing and testing is a shared principle among reputable supplement and plant-based wellness companies.



When essential oils or plant extracts are truly pure and of the highest quality:

- You get an accurate representation of the plant's natural chemistry
- There is no risk of contamination or synthetic adulteration
- The oil or extract is consistent in aroma and composition
- You can use it with confidence in its intended purpose

I've been purchasing doTERRA and Nature's Sunshine products every month for years, and I have never been disappointed. The quality of both companies has been consistent year after year. This has not always been the case with other brands I've tried, and it's why I suggest doing some research into the companies you're buying from.

To sum it up, I take herbs and essential oils daily, and I love how reliable and versatile they are! One herb or oil can treat many different conditions, and vice versa. I use them to manage almost everything, and I really can't imagine not having them in my home.

You never know when you're going to need them. I remember nights when one of my kids—or I—was sick, and I felt helpless. Today, that's not my reality. I keep herbs and essential oils on hand, I know how to use them, and in most situations, I can take care of what's going on at home. And that's priceless to me.





Health is a  
priceless wealth.  
Invest while you  
can.

~ Bryant McGill

# THE REWARDS

Doing a 90-day reset, cleaning up your diet, and using safer hygiene and cleaning products all center around the same idea: giving your body a break from overload and supporting it so it can do what it's already designed to do.

When you shift toward whole, less processed foods, your body generally has less “noise” to deal with. An organic whole food diet provides:

- More steady energy throughout the day instead of crashes
- Better digestion and more regular elimination
- Reduced cravings for sugar and highly processed foods over time
- Improved nutrient intake from real, whole foods
- More stable mood and mental clarity for many people

Herbs and essential oils work hand in hand with a healthy diet to support your body in working optimally.

Using herbs, essential oils, and other natural tools is often about supporting the body's normal processes rather than forcing a quick fix.

Herbs and essential oils provide:

- Support for digestion, immune function, and overall balance
- Gentle, ongoing support for systems like liver, gut, and stress response
- A more holistic approach that works with lifestyle habits
- Encouragement of daily wellness routines rather than reactive care

I'm passionate about the benefits of these safe and natural medicines because they've blessed my life so much!

Haha, I love a lot of things—clothes, jewelry, pottery, books, plants, crystals—but I wouldn't take the time to write a book about them or put much effort into explaining their benefits. But knowing how to support and improve your health is different—everyone deserves to know how to do it.

Not long after I first tried herbs, I went to massage school and began learning how the body works and what it needs to be healthy. I've been learning and using oils, herbs, and supplements ever since, and I think every day about how grateful I am for the knowledge I have!

I can't imagine what my health and body would be like if I'd continued on the doctor-medication path that I was on in my thirties. What a tremendous blessing it is to know there's a more natural way to support my health. I simply want to share that knowledge with you.



After a 90-day Reset, your body is more in tune and running cleaner—but if you slip back into old habits, you'll lose the momentum you've worked so hard to build. Keep the momentum going, and stay consistent with your new habits—don't cheat so much that you fall off the wagon and completely sell yourself short.

Here's what you're going for:

- Break old habits and reinforce new ones
- Give your body time to adjust to cleaner inputs
- Improve your awareness of how food and lifestyle affect you
- Build discipline and a routine that can carry forward long-term
- Create a “baseline” of better habits to maintain after the reset

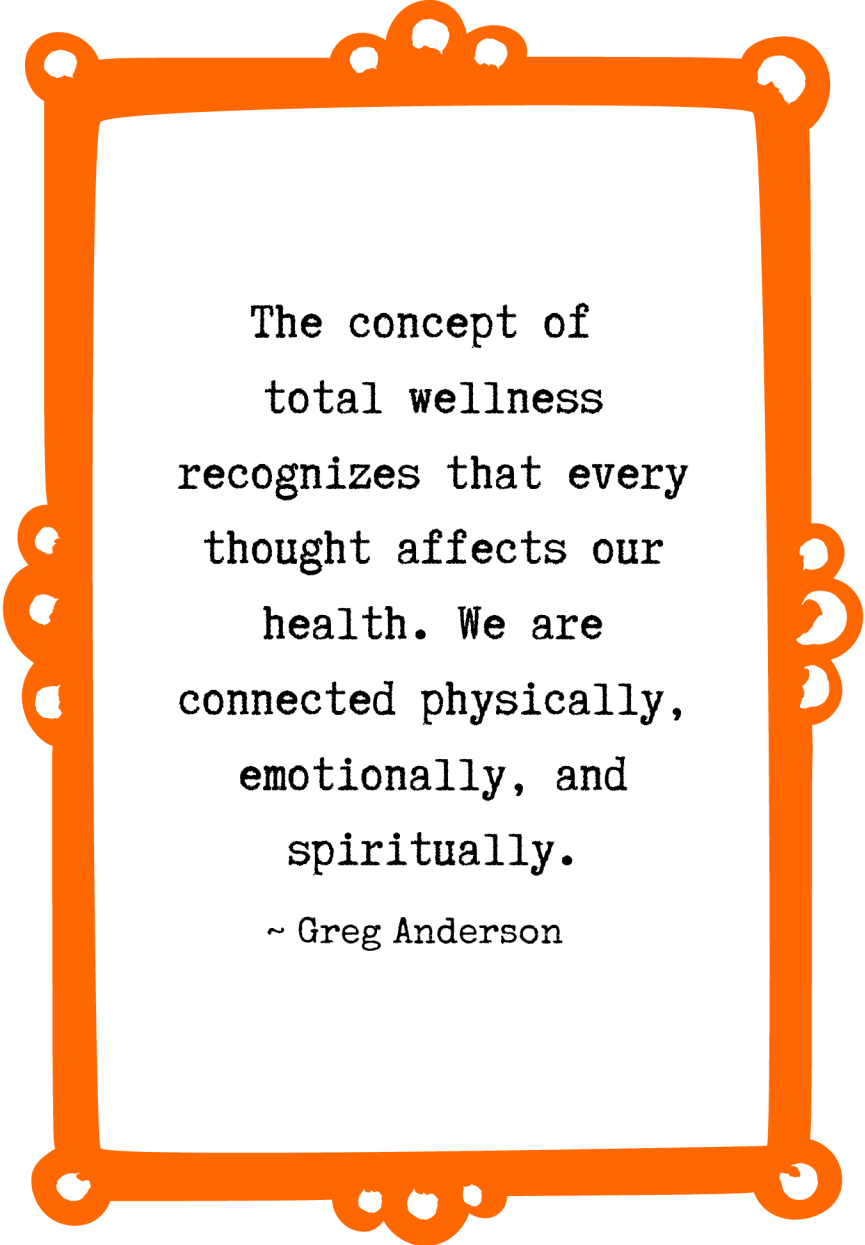
Make herbs and essential oils part of your daily routine. Used consistently, they can become a powerful foundation for rebuilding your health.

I've experienced the difference myself, and I've watched countless others do the same. When you give your body the right kind of support every day, things begin to change—you feel better, and healthy habits start to take hold again.

This is your turning point—jump in and get started today. That's what I did, and I haven't looked back!

WIN-WIN-WIN!





The concept of  
total wellness  
recognizes that every  
thought affects our  
health. We are  
connected physically,  
emotionally, and  
spiritually.

~ Greg Anderson

# NEXT

A 90-day reset will tune you up and help your body run cleaner—but you'll need to keep showing up for your new habits if you want to maintain those results. The more depleted you were when you started, the longer it may take for your body to fully regroup and rebuild.

As you move forward, stay mindful of what you're eating and drinking. Diet matters—a lot. You can take all the supplements in the world and still struggle if you're consistently fueling your body with unhealthy foods and beverages. Supplements play an important role, but they can't compensate for a poor diet.

A reset isn't a one-time fix—it's a launchpad for a stronger, more energized version of you. Once it's complete, your role is to keep supporting your body and meeting its needs day after day.

If you're not already enrolled in doTERRA and taking advantage of their Loyalty Rewards Program, that's a natural next step to help you stay consistent and supported.





## HOW TO GET STARTED:

1

Click on this link to purchase Month 1 products for the 90-Day Reset (if you're reading a paper copy of this book and need a link - please email me at [theconnieboucher.com](mailto:theconnieboucher.com))



doTERRA will give you a free diffuser - choose that option!

2

This is important!

Sign up for my weekly wellness calls to receive tips and support. ([connieboucher.com](http://connieboucher.com) - lifestyle page)

3

Month 2 - This is when you'll see how well your body responds to cleansing. If you're not moving your bowels twice a day, it is strongly recommended that you repeat the month 2 products. Stay on this track until your bowls are moving properly.

Go to your back office and reorder the Month 2 90-Day Reset bundle.



4

When you're pooping twice a day, you're ready to move on to Month 3.

Go to your back office and change your order to the Month 3 90-Day Reset bundle.

5

Continue to take the products each day and notice the changes in your body. Journal about your slip ups and WINS!!

6

Keep showing up for the weekly wellness calls.

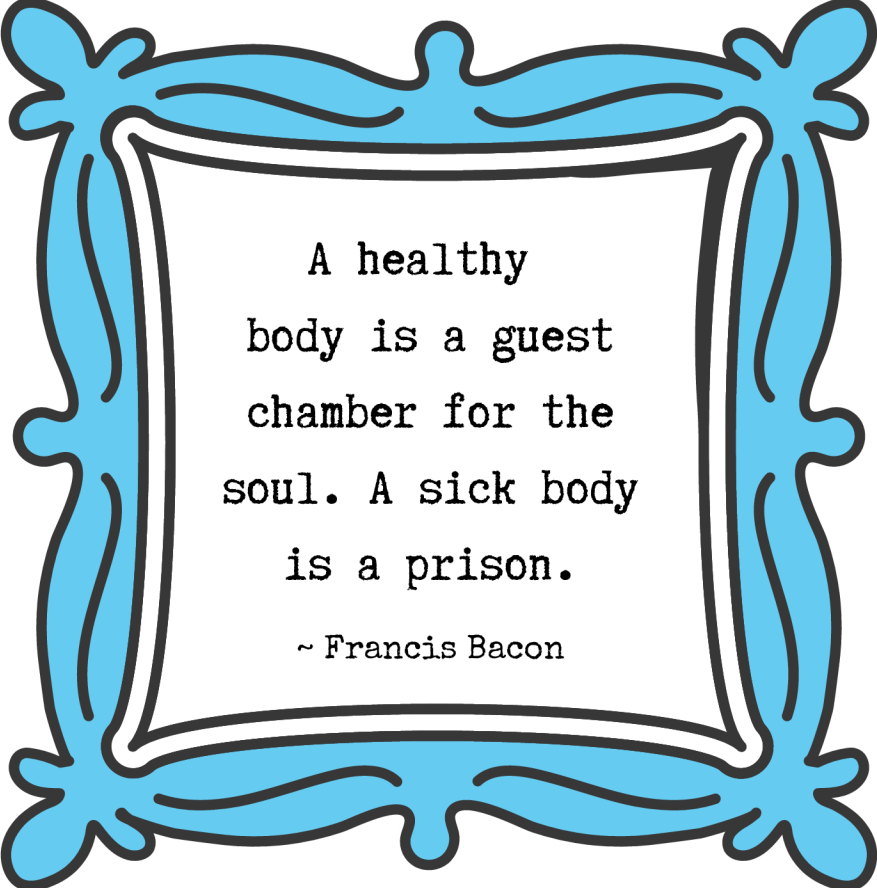
Keep managing your health and stay invested in your progress!



*Remember, the main trick to health is keep the bad stuff out, and to put MORE of the good stuff in!*

*Sign up for Weekly Wellness calls. I'll help you!*





A healthy  
body is a guest  
chamber for the  
soul. A sick body  
is a prison.

~ Francis Bacon

Connie Boucher (pronounced like “touché”) brings over three decades of experience as a healer. As a mom and grandma to a large family, massage therapist, wellness consultant, and author, she has mastered the art of living well and is passionate about sharing simple, practical ways to help others do the same.

Driven by a mission to empower, Connie inspires people to embrace their limitless potential and create healthier, happier, more fulfilling, and abundant lives. Find her books on Amazon by searching “Connie Boucher Books.”

#### CONNIE BOUCHER BOOKS

Wellness Made Simple  
Chakra Wellness Made Simple  
Chicken Keeping Made Simple  
Hope & Passion on a Cracked Platter  
Soul Full Garden  
Shining Inside Out  
Lemon Pie Possibilities  
Pink Chain Link Fence  
Making Home  
Rise Up  
Wellness On Tap  
White Elephant  
Blue Ribbon  
Emotional Rebirth

Step UP & Shine  
Chakra Coach Certification

