

ESSENTIAL OILS: TOOLS FOR RESILIENCE

EXPLORING PRACTICAL APPLICATIONS WITH DōTERRA

QUALITY MATTERS

ADULTERATION

Regardless of label claims, approximately 80% of essential oils on the market are adulterated in some way.¹

CONSEQUENCES

- Ineffective
- Inconsistent outcomes
- Hormone disruption
- Reactions/sensitivities
- Toxicity
- Cancer causing



PURITY

When oils are pure and unadulterated, they are safer to use.

POTENCY

Potency ensures the essential oil contains the necessary active chemical constituents in sufficient concentrations to interact with the body's systems.

CONSISTENCY

Pure and potent essential oils are key to achieving expected outcomes. Consistency in chemistry assures more predictable outcomes.

THE DōTERRA DIFFERENCE

COMMITMENT

From its beginnings in 2008, dōTERRA has been committed to producing pure and potent essential oils – without compromise.²

ON AVERAGE, DōTERRA RUNS 176 ANALYSES ON THE LIFE OF A SINGLE OIL.³



ESSENTIAL OILS IN PRACTICE

OILS & BRAIN CHEMISTRY ⁴ , ⁵

LIMBIC SYSTEM

When inhaled, aromatic compounds bind to olfactory neurons and are then directed to the limbic system

AMYGDALA, HIPPOCAMPUS, & HYPOTHALAMUS

The emotion, memory, and system regulatory centers are then directly affected. Literally changing brain chemistry.

BENEFITS OF USE

- Multisensory engagement
- Thought pattern interruption
- Grounding
- Encourages emotional regulation
- Anchoring/conditioning
- Physiological calming
- Empowerment
- Positive therapeutic association



ESSENTIAL OIL CHEMISTRY ⁶

Each essential oil has a unique chemical profile.

While there are oil exceptions, each plant category has a general usage:

Floral Oils – Calming & Comforting

Wood & Tree Oils – Grounding & Strengthening

Citrus Oils – Energizing & Uplifting

Herbaceous Oils – Clarifying & Stimulating

Mint Oils – Refreshing & Invigorating

Spicy & Resinous Oils – Warming & Stimulating

Earthy Oils – Centering & Reassuring

ESSENTIAL OIL RESEARCH

THE EFFECT OF BERGAMOT ESSENTIAL OIL AROMATHERAPY ON IMPROVING DEPRESSIVE MOOD AND SLEEP QUALITY IN POSTPARTUM WOMEN ⁷

DESIGN

- A randomized controlled trial with women residing in a postpartum care center in eastern Taiwan.
- 60 participants: 29 received bergamot essential oil inhalation, 31 received a water "aroma" (control) in the afternoons.
- Daily 15-minute sessions during their stay.
- Mood and sleep were measured using the Edinburgh Postnatal Depression Scale and Postpartum Sleep Quality Scale, assessed at baseline, 2 weeks, and 4 weeks

FINDINGS

- Depressive mood improved significantly in the bergamot group at both 2-week and 4-week check-ins compared to control.
- Sleep quality showed no significant difference between the two groups at either follow-up.

CONCLUSION

- Daily afternoon inhalation of bergamot essential oil may effectively reduce depressive symptoms in postpartum women.
- However, this intervention did not significantly improve sleep quality in this setting.
- These findings suggest bergamot aromatherapy could be a valuable, low-burden option for supporting maternal mood during the postpartum period.



BERGAMOT ESSENTIAL OIL FOR PTSD SYMPTOMS ⁸

DESIGN

- Qualitative, phenomenological pilot study (2 weeks)
- 12 adults (military, firefighters, medical first responder) with PTSD symptoms (PCL-5 verified)
- Bergamot oil inhaled 4x daily + diffuser overnight
- Data: pre/post interviews, PCL-5, daily notebooks

CONCLUSION

- Safe, accessible, non-invasive tool
- Helped manage arousal, mood, avoidance, and anxiety
- Potential to enhance engagement in trauma-focused therapy
- Establishes baseline for further research, esp. on avoidance

FINDINGS

- Calming effect most reported (relaxed, less stressed)
- Improved arousal symptoms: better sleep, less irritability/anger, improved concentration
- Mood: reduced ruminations, more positive thoughts
- Avoidance: greater comfort discussing trauma, less withdrawal
- Anxiety: fewer panic attacks, calmer overall
- Intrusive symptoms: slight reduction in flashbacks/images
- Barriers: mainly logistics (forgetting bottles, work schedules)



DESIGN

- Controlled experiment with 40 adults, using two different aroma conditions: lavender (relaxing) and rosemary (stimulating).
- Each participant inhaled the aroma for 3 minutes.
- Measures collected before and after aromatherapy:
- Mood via the Profile of Mood States (POMS)
- State anxiety
- EEG brain activity (focusing on alpha and beta wave power)
- Math computation performance (speed and accuracy)

FINDINGS

- **Lavender group:**
- Increased beta power, suggesting increased drowsiness
- Reported less depressed mood, felt more relaxed
- Completed math computations faster and more accurately after aromatherapy
- **Rosemary group:**
- Decreased frontal alpha and beta power, indicating heightened alertness
- Reported feeling both relaxed and alert, with lower state anxiety
- Math performance was faster but not more accurate post-aroma

CONCLUSION

- Aromatherapy can modulate mood, brain activity, and cognitive performance in meaningful ways.
- Lavender induced a relaxed, slightly drowsy state, but improved accuracy and speed.
- Rosemary boosted alertness and speed, though with no gain in precision.
- This suggests that different essential oils may be strategically selected to shape desirable cognitive and emotional outcomes.



THE EFFECT OF LAVENDER ON MOOD DISORDERS ASSOCIATED WITH THE USE OF COMBINED ORAL CONTRACEPTIVES (COCS): A TRIPLE-BLINDED RANDOMIZED CONTROLLED TRIAL ¹⁰

DESIGN

- 60 women taking combined birth control pills
- Split into two groups: lavender capsules vs. placebo capsules
- Took capsules daily for 8 weeks
- Mood, stress, depression, and anxiety were checked at 4 and 8 weeks

CONCLUSION

- Oral lavender essential oil supplementation alongside combined oral contraceptives:
- Improved mood, increased positive affect
- Reduced negative affect, stress, and depression
- Did not influence anxiety levels significantly
- Suggests LEO may be a low-risk, complementary approach for mood-related side effects in COC users

SERENITY: RESTFUL COMPLEX ¹¹

Each softgel contains:

- 80 mg of lavender essential oil,
- 50 mg L-theanine
- 25 mg of a proprietary blend featuring lemon balm, passionflower, and chamomile

FINDINGS

- Better Mood: Women taking lavender felt happier and more positive, with statistically significant improvements after 4 and 8 weeks compared to placebo.
- Less Negativity: Reports of negative thoughts and feelings dropped significantly in the lavender group.
- Lower Stress: Lavender use led to a significant reduction in stress levels over time.
- Less Depression: Feelings of sadness and hopelessness decreased significantly in the lavender group.
- No Change in Anxiety: Levels of anxiety did not show a significant difference between lavender and placebo.



NUTRITION AND MOOD

A S N E A K P E E K

VMG+

A full-spectrum, powdered multinutrient drink that includes whole-food vitamins, minerals, greens, enzymes, essential oils, and probiotics—with liposomal technology and clinically supported bioavailability boosting blends, (MTHFR friendly) meaning your body can actually absorb and use the nutrients it contains.¹²



EO MEGA+

Each serving of EO Mega+ delivers 900 milligrams of omega-3 fatty acids, including 800 milligrams of EPA and DHA, sourced from wild-caught fish off the coast of Norway to support heart health, healthy joint function, and a healthy inflammatory response.¹³



PB RESTORE

A next-generation gut health capsule with pre-, pro-, and postbiotics plus bacteriophages for total microbiome balance—supporting digestion, immunity, mood, and more.¹⁴



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JACKIE BEAUCHAMP: 734-335-0329
JACKIE@WHOLEISM.US

POST PRESENTATION SURVEY

