

# Did You Know...

## Why people are looking for safe alternatives and to avoid the worry of dangerous side effects or risk of addictions:

- The FDA estimates that 200,000 Americans are hospitalized every year because of overdoses and side effects of NORMAL doses of NSAIDs (Nonsteroidal Anti-inflammatory Drugs such as Tylenol [acetaminophen], ibuprofen, and aspirin) and they are the cause of THOUSANDS of deaths per year. <https://www.google.com/amp/s/abcnews.go.com/amp/Health/PainManagement/story%3fid=2739177&page=1>
- Drug overdose deaths involving prescription opioids rose from 3,442 in 1999 to 17,029 in 2017. <https://nida.nih.gov/drug-topics/trends-statistics/overdose-death-rates>
- The United States is in the grips of an unseen epidemic of harm from the excessive prescribing of medications. If nothing is done to change current practices, medication overload will contribute to the **premature deaths of 150,000 older Americans** over the next decade and reduce the quality of life for millions more. <https://lowinstitute.org/projects/medication-overload-how-the-drive-to-prescribe-is-harming-older-americans/>

## Why we need vitamin supplements and the harmful effects of synthetic vitamins:

- A study of over 38,000 women over age 60 showed that death rates increased by as much as 45% in women that were taking a multivitamin that contained certain synthetic minerals (such as copper, folic acid etc). <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1105975>
- A study by the FDA from 2007 to 2016, detected **contaminants in 776 dietary supplements**, produced by 146 different companies. Also, a study of **3 leading memory supplements found that 2 of them did not actually contain the active ingredient** listed on the label. <https://www.health.harvard.edu/staying-healthy/whats-in-that-supplement-sometimes-more-than-you-bargain-for>
- In a **clinical trial**, subjects were recruited to take the **dōTERRA Lifelong Vitality Pack** supplements as directed for two months and continue with their normal diet and exercise habits. A blood sample was taken from each subject and a survey was administered both before and after the two-month supplementation.

The following markers showed statistically significant improvement after supplementation: blood lipids (amount of cholesterol and triglycerides in your blood), fasting insulin, cardiovascular biomarkers, EPA (EPA prevents the blood from clotting easily, reduces triglyceride levels in the blood, and has effects that might reduce pain and swelling), and the AA/EPA ratio (an indication of the levels of cellular inflammation in your body). **These health biomarkers showed that dōTERRA Lifelong Vitality Pack supplements had positive effects on biochemical indicators of cardiovascular health, antioxidant status, inflammation levels, and blood glucose regulation.**

Furthermore, all of the outcomes in the survey were improved after supplementation. The subjects **reported more mental clarity, energy, motivation, control, balance, happiness**, and several subjective measures of health improvement after taking dōTERRA Lifelong Vitality Pack for two months. <https://www.doterra.com/US/en/blog/science-research-doterra-lifelong-vitality-pack-clinical-trial>

## The effects of the prebiotics in dōTERRA fiber on weight loss:

- In a double blind, placebo-controlled trial, researchers found that after 16 weeks, overweight children who consumed 8 g. of the prebiotic daily had significant decreases in body weight (decrease of 3.1%), percent body fat (decrease of 2.4%), and percent trunk fat (decrease of 3.8%) compared with children given placebo (increase of 0.5%, increase of 0.05%, and decrease of 0.3%, respectively). <https://pubmed.ncbi.nlm.nih.gov/28596023/>

## The Superiority of dōTERRA Essential Oils:

- Scientific evidence of dōTERRA oil superiority: “Drs. Le and Talbot shared that the findings from the molecular profiling of essential oils by nanofluidic proteomics confirmed that **dōTERRA potently induced therapeutically relevant signaling pathways in cell growth and rejuvenation, metabolic health, and healthy inflammatory responses.**

These proteomic profiling studies further confirmed that the effects of dōTERRA essential oils were **not replicated** by a single major component and **essential oils from different competitors had minimal effects.** The results of the research indicate that the implications of “The Oil Effect” are significant, says Dr. Le. His studies suggest that the quality of essential oils is the combination of chemistry and biochemistry, and that biochemical analytics are required to fully assess the quality of essential oils. Dr. Talbot adds that the therapeutic potential of essential oils is highly dependent on the complete composition of the oil. Sourcing, processing and characterization are critical.”

<https://www.roseman.edu/2018/10/03/roseman-university-researchers-study-doterra-essential-oils/>

## The Power of Essential Oils:

- Did you know that research shows that essential oils, when diffused, can kill most air-borne microorganisms? A French study colonized 210 different microbes; within 30 minutes of diffusing a mixture of essential oils, only 4 colonies remained alive!

[https://www.huffpost.com/entry/essential-oils-health\\_b\\_868303](https://www.huffpost.com/entry/essential-oils-health_b_868303)

Here’s an article on how oils work against pathogens of all kinds:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5206475/>

- Did you know that test scores improved significantly when lemon essential oil was diffused while learning, compared to the control group, where no oil was diffused while learning?

<https://www.healthline.com/health/lemon-essential-oil>

- “Lemon and geranium are natural anti-viral agents that may contribute to the prevention of the invasion of Covid-19” <https://pubmed.ncbi.nlm.nih.gov/32575476/>

## Why People Want a Source They Can Trust So They Don’t Have to Worry About the Harmful Effects of Chemicals in Our Environment, Cleaners, and Personal Care Products:

- “Roughly **2,000 chemicals are introduced each year.** It will take the EPA **decades** to get through the thousand most dangerous chemicals that EPA itself has said need **urgent review.** So, while Americans wait for the federal government to begin slowly testing and regulating the toxic chemicals encountered every day, the burden is still on consumers to educate themselves about what toxins could be in the things they buy.” (PBS News Hour, June 22, 2016)
- Did you know that over 287 chemicals have been discovered in the umbilical cord blood of newborn babies? Over 180 of those chemicals are known to cause cancer in humans or animals.

<https://www.ewg.org/research/body-burden-pollution-newborns>